

The Far Eastern Epicure

MARIA KOZSLIK DONOVAN

THE FAR EASTERN EPICURE

EPICURE'S CORNER



A CULINARY JOURNEY TO THE FAR EAST WITH ORIGINAL

*The
Far Eastern
Epicure*

RECIPES AND DRAWINGS BY MARIA KOZSLIK DONOVAN



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For PADDY, my son

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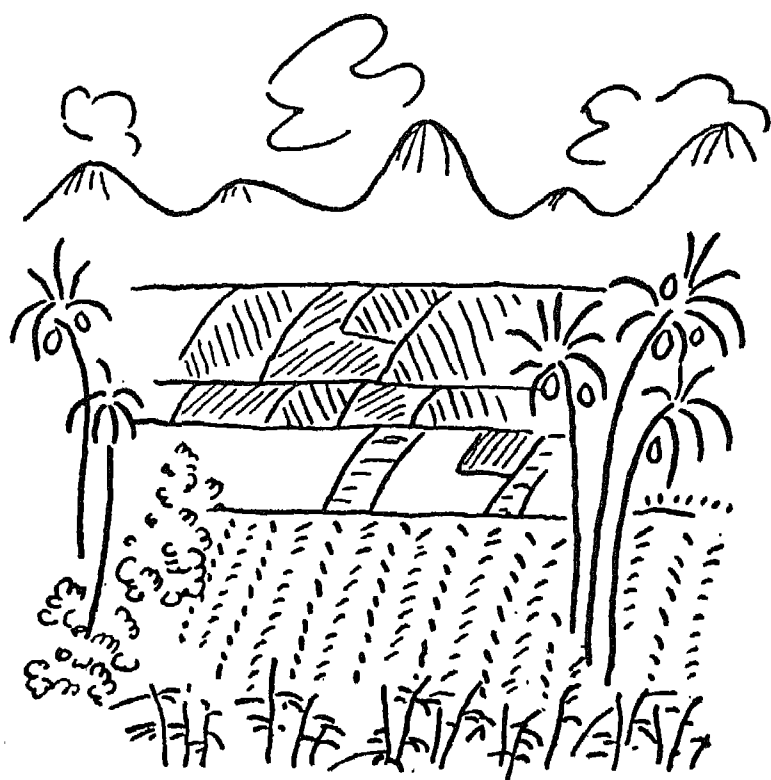
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RECIPES REFERRED TO IN THIS BOOK IN CAPITAL LETTERS MAY
BE LOCATED BY CONSULTING THE INDEX.

*These recipes were collected in the Far East by the author
and occasionally simplified or adapted for Western use.*

Indonesian Cooking



THE MAGIC OF JAVA

My culinary visit to the East began with Djakarta. Before I arrived there, all I knew about the place was that the Dutch called it Batavia, that there was a canal there, a luxury hotel (old travel brochures mentioned it as the Ritz of the Far East), a club with a classical façade (*"où la Colonie s'amusait!"*), and that before the war one could get the best Rijstafel in the world there.

But Djakarta has changed. Of all the places and legends, perhaps the canal is the only real thing there. I have sat for hours at a time watching the activities of the canal. It is the property—exclusively—of the people and presents the only free spectacle in this terribly expensive town. The Javanese wash themselves in

the canal; they do their laundry there at the same time; they picnic along the steep embankment, idly gossiping while their sarongs dry in the blazing sun.

I have never been able to find out when the people of Djakarta sleep, unless they do it by day—either astride their motor scooters or while picking their teeth behind government desks.

At night nobody sleeps in Djakarta. All along the roads the pavements are filled with stalls selling food and vegetables, batik sarongs "Made in Japan", and picture postcards from Port Said. At night Djakarta looks really romantic. The dark outlines of the slim coconut palms, the haunting, strange melodies of the gamelan, the incessant noises coming from the kampongs, a waft of exotic spices from the food vendors' glowing braziers, children asleep under the market stalls with one eye open . . .

Here is the East where nearly every woman under fifty is either pregnant or carrying her newly born on her back—or both.

But the real poetry of Java is found outside Djakarta. For a while I lived in the hills of Java. From the bungalow I could look down on the paddy fields: patchwork quilt done predominantly in greens. There in the mornings, sitting on the veranda, I could see the awakening of the kampong. There was the smell of fish frying in oil and the sight of a young girl walking slowly, gracefully to the pool, where the water was fresh and clean and bamboo groves gave shelter from the peering eyes of a water buffalo.

Bananas and coconuts grew on the hillside, and young boys shinned up those palms holding a knife between their white teeth. Women hung the fish in the sun, where it parched and decomposed gradually. They spread the wealth of their small farms on large round trays in front of their huts: everywhere the eye could see shredded coconut was drying in the sun. The dried product is called copra.

I remember the pleasures of walking in the rain in the hills of Java. The path felt like soft rubber under my bare feet. Raindrops stood poised on the purple petals of the bougainvillea. In the distance a rickety bamboo bridge spanned the gorge, the passage blocked by a hesitant water buffalo.

Those nights in Java, after a spicy dish called Nasi Goreng, we sat on the terrace after the rain stopped and watched the rising moon in the sky. Down in the valley somebody began to drum. Then a gong followed. The village orchestra rehearsed their impromptu performance.

The gamelan accompanies the story of the wife whose devotion to her husband was heroic. An old Hindu story. He went to the war, she stayed home. Frustrated, restless, yearning—all these emotions interpreted in the music—she decided to follow him to the battlefield. Dressed like a man, she donned a mask. . . . The gamelan beats out a furious rhythm and the excitement of the audience rises to a pitch.

The folklore of Indonesia is a mixture of Chinese, Indian, and some Polynesian. An intoxicating mixture, just the same as the taste of their food.

THE COCONUT: HOW TO OBTAIN COCONUT MILK USED IN INDONESIAN AND MALAYAN COOKING

The wealth of Indonesia (and, as a matter of fact, of most Pacific islands) is the coconut. Not only is it an important source of export revenue, but it is an essential factor in native cooking. Coconut oil takes the place of butter or fat, and coconut milk is used either instead of fresh milk or in drinks.

The Indonesians and the Malays grate or scrape the flesh of the fresh coconut, soak it in water, then express the juice. Depending on the number of times the coconut milk is squeezed out, they can obtain thick or thin coconut milk.

For those who find it hard to obtain fresh coconut and still wish to prepare these spicy island recipes, a suitable substitute may be made from vacuum-packed shredded coconut. To obtain one cup of coconut milk, take one cup of dried coconut and let it soak in two cups of cold water. After half an hour, squeeze out the juice. Repeat this twice—if you wish to obtain a fairly thick liquid—or three or four times for thin coconut milk.



INTRODUCTION TO A RIJSTAFEL

Tie your napkin firmly around your chin because I shall tell you of a Javanese dinner, a gastronomic feast that lasts for several hours. The place is Djakarta.

Promptly at twelve noon on a Sunday we sit down to Rijstafel—a tradition that is stronger than the new reforms introduced by the republic. Rijstafel is a Dutch word, but it is incorporated in the vocabulary of even the most chauvinistic of Indonesians. Nobody here asks for *Makanan Java*, but when you say Rijstafel, the face of the maître d'hôtel beams with joy.

The first boy appears: barefoot, but in a scrupulously clean linen uniform. The little black Moslem cap is placed firmly on his head. He brings the rice, the basis of the Rijstafel, and serves you.

The second boy carries the *sajoer*—a thick, spicy soup. And now in rapid succession come the dishes that make what we call a Rijstafel. Opor Daging (slices of beef braised in coconut milk),

Daging Ketjap (pork flavoured with garlic and soybean sauce), Goreng Ati (fried calf's liver). Each dish is carried by a different boy, and a spoonful of each is heaped over the rice. Nobody thinks of starting before the last boy takes his stand at the back of the room.

The sixth brings the salted and dried fish fried in oil. Yes, it is the same fish one sees parching in the sun in front of every hut of the kampong. The taste is something to look forward to.

The smell of spices tickles our noses in the meantime. Still a new boy is approaching. He has a slight squint. He offers fish cutlets rubbed with tamarind and a dish of "aged" eggs called Telor Asin. We know they bury those eggs in mud, sometimes for weeks, to obtain a nice patina.

A fresh reinforcement is sent from the kitchen with the Sambals. They are savouries flavoured with hot red chilies.

And we still haven't started eating. Impatience is mounting as the temperature is rising steadily, in spite of the overhead fans. Another boy steps before us, grinning as he offers the Goreng Pisang—the fried bananas. Our friend with the squint is back, this time with the *krupuk*. They are those delicious, frothy wafers made with shrimp and egg white which one eats here instead of bread. You crush the *krupuk* over the full plate and mix the crumbs with the rice and the food.

It is almost unbelievable, but the boy who brings the *atjar*—the pickled vegetables—is the last one. He steps back and takes his place in the row of silent figures who now watch you from the corners of their eyes.

You may pick up your fork at last! The plate in front of you is filled to the brim. All we need now is an orchestra conductor to give a sign with his baton: Mix! We mix the rice with the twenty-odd dishes. Mix them all together—perhaps to the tune of Beethoven's Fifth.

DISHES FOR THE RIJSTAD

A

SHREDDED I

1 pound lean stewing beef
1 teaspoon coriander
1 small piece tamarind
1 onion
1 clove garlic
1 teaspoon brown sugar
pinch ground ginger
salt

The day before, boil the beef until very tender. When cool, it into shreds.

Crush in a mortar (or mix with an electric blender) the coriander, tamarind, onion, and garlic. Flavour with brown sugar, powdered ginger, and salt. Cover meat with crushed spices and allow to stand for two hours, turning meat four times.

Last, heat peanut oil and fry the shredded meat until cr

Opor Daging

FRIED BEEF
IN COCONUT MILK

1 pound fillet steak
2 tablespoons peanut oil
2 medium onions, chopped
1 clove garlic
salt
chili powder
½ cup coconut milk

Cut fillet into inch-thick cubes. Fry in hot peanut oil until meat changes colour. Move meat to one side of the pan and fry the onions and garlic. Season with salt and a pinch of chili powder. Add the coconut milk and allow to simmer, uncovered, for fifteen minutes.

Daging Ketjap

FRIED PORK

- 1 pound lean pork
- 1 onion
- 1 clove garlic
- 2 tablespoons peanut oil
- ½ cup soybean sauce
- 1 teaspoon lemon juice
- 1 teaspoon brown sugar

Cut pork into one-inch cubes. Chop onion and mince the garlic. Heat peanut oil in a frying pan and fry the pork just until it changes colour on both sides. Add the onion and garlic and fry three minutes. Slightly moisten with soybean sauce and a spoonful of water, together with lemon juice mixed with sugar. Let ingredients simmer in this liquid (uncovered) for ten to fifteen minutes.

Goreng Ati

FRIED LIVER

1 pound calf's or chicken liver
1 onion
1 clove garlic
peanut oil
salt

Cut liver into small, thin strips. Do not wash the liver, since water toughens it.

Chop onion and mince the garlic. Heat the peanut oil in a frying pan. Fry first the onion and the garlic. Move them to one side of the pan and increase the heat. Then very quickly fry the liver—no longer than two or three minutes.

Season with salt at the last minute.

Smoor Djawa

SPICED FISH CUTLETS

1 pound bream or mullet cutlets
tamarind
peanut oil
2 onions, finely chopped
2 cloves garlic, minced
2 hot chilies
 or 1 teaspoon dried chilies
1 tablespoon soy sauce
1 teaspoon sugar
juice of 1 lemon

Wash and dry the cutlets and rub well with tamarind. Heat peanut oil in a frying pan and quickly fry the cutlets on both sides. Reduce heat and add the onions and garlic and fry together for five minutes.

Add the fresh chilies cut into strips and fry lightly. (If you use dried chilies, it is advisable to soak them first in warm water.) Mix soy sauce with two tablespoons of water, the sugar, and lemon juice, and pour over mixture in pan. Bring to the boil and remove from heat instantly. Serve hot.

Smoor Djawa may be served as a separate dish also—in which case decorate with a few strips of fresh chilies and serve with boiled rice.

Soto Ajam

BOILED CHICKEN AND MIE

- 1 medium-sized boiling fowl
- 1 teaspoon turmeric
- 1 ginger root
- 3 cloves garlic
- 1 medium onion
- 1 tablespoon peanut oil
- 2 ounces Chinese mie (vermicelli-like noodles)
- ½ bunch spring onions, chopped

Boil chicken in salted water until tender. Remove bones, and keep the meat separate while you reduce the cooking liquid by two-thirds.

In a mortar or an electric blender crush the turmeric, ginger, garlic, and onion. Fry this paste in peanut oil for three minutes.

Replace the chicken meat in the stock, add the spices, and boil for ten minutes, uncovered. Now add the Chinese mie and the spring onions, and cook rapidly for another ten minutes.

Telor Asin

SALTED DUCK EGGS

These are the "aged" eggs that Westerners often eye with suspicion. In fact, these eggs are not spoiled—they are "preserved" instead.

With a Rijstafel, Telor Asin is a must. In Java the cook dips the duck eggs into a salt-water solution first, then dries them carefully and buries them in the earth for at least ten or twelve days.

In non-tropical climates it takes longer for the eggs to age. Unless you can buy them at Chinese food stores, you may preserve your eggs similar to the way it is done in Java—bury them in a flowerpot for three to four weeks.

To serve, the preserved eggs should be hard-boiled and cut into halves.

Telor Besengflek

SPICED EGGS

- 6 eggs
- 2 tablespoons chopped onions
- 1 ginger root
- 1 teaspoon cuminseed
- 2 teaspoons coriander
- 1 clove garlic
- 2 tablespoons peanut oil
- 1½ cups thick coconut milk

Boil eggs until hard. Peel and cut into halves.

In a mortar (or an electric blender) crush the onions, ginger, cuminseed, coriander, and garlic. Fry this spice mixture in peanut oil for six minutes. Add the coconut milk and eggs and simmer very slowly, uncovered, for fifteen minutes.

The Sambals

Sambals are those hot, spicy dishes without which no Rijstafel is complete. Without exception, every Sambal contains fresh hot chilies. The plain Sambal is made from fresh chilies crushed together with onion and garlic, then fried lightly in oil. Sambals should be offered in small quantities on individual platters—similar to chutney.

Sambal Ati

LIVER SAMBAL

1 onion
 1 clove garlic
 2 fresh chilies
 or 4 dried ones
 tamarind
 1 bay leaf
 peanut oil
 1 pound chicken or calf's liver
 powdered ginger
 1 teaspoon brown sugar
 1½ cups coconut milk

This is liver with a spicy gravy. Crush onion, garlic, chilies, tamarind, and bay leaf in a mortar, then fry in peanut oil for five minutes. Add the liver cut into small pieces, a pinch of powdered ginger, and the brown sugar. Fry lightly, stirring all the time. Last, add the coconut milk and let simmer, uncovered, until the gravy is sufficiently thick.

Sambal Oedang

SHRIMP SAMBAL

Follow recipe for Sambal Ati, using fresh shrimps instead of liver.

Sambalan Boontjies

GREEN BEANS SAMBAL

- 1 small onion
- 2 cloves garlic
- 3 fresh red chilies
- crushed tamarind
- peanut oil
- 1 pound green beans
- 1 teaspoon brown sugar
- salt
- 1 bay leaf
- 1 dried lemon leaf
- 1 cup coconut milk

Crush onion, garlic, seeded chilies, and a pinch of tamarind in a mortar or an electric blender, then fry for five minutes in a little hot peanut oil.

String and finely shred the beans. Add beans to the fried spice paste, together with sugar, salt, bay leaf, lemon leaf, and coconut milk. Bring to the boil, uncovered, then reduce heat and simmer gently for ten to fifteen minutes.

Sambalan Tomat

TOMATO SAMBAL

2 cloves garlic
1 small piece tamarind
1 small onion
peanut oil
3 fresh red chilies
1 pound firm fresh tomatoes, sliced
2 leeks
salt
1 tablespoon brown sugar
½ cup thick coconut milk

Crush garlic and tamarind and finely chop the onion. Fry together in peanut oil. Add the seeded chilies cut into strips and, one by one, the tomatoes and the leeks, frying each vegetable for a few minutes. Season with salt and sugar and add the coconut milk. Bring to boil, then reduce heat and let simmer for ten minutes.

Atjar

JAVANESE PICKLES

I do not recommend bottled pickles with the Rijstafel. Here is a fairly simple recipe for pickles made of cucumber, carrot, onion, and green pepper—but you may substitute any kind of root vegetables or beans, peas, etc.

- | | | |
|--------------------------|---|--------------------|
| 1 large cucumber | } | a total of 1 pound |
| 1 carrot | | |
| 1 cup lima beans | | |
| 4 almonds | | |
| 1 teaspoon turmeric | | |
| 1 onion | | |
| 2 cloves garlic | | |
| 1 small ginger root | | |
| 2 cups vinegar | | |
| ½ cup water | | |
| salt | | |
| 1 tablespoon brown sugar | | |

Finely slice the vegetables and parboil for five minutes. Strain.

In a mortar or an electric blender crush the almonds, turmeric, onion, garlic, and ginger root. Mix with vinegar and water; season with salt and brown sugar. Add to the vegetables and continue boiling for ten minutes.

Serve chilled.

Goreng Pisang

FRIED BANANAS

Select fairly ripe bananas. Cut them in half lengthwise and sprinkle with brown sugar. Fry in hot peanut oil until the bananas are evenly gold and crisp.

Seroendeng

FRIED COCONUT PASTE

This is a savoury condiment to be offered in a separate dish with the Rijstafel.

- 2 small onions
- 2 cloves garlic
- 1 ginger root
- 1 teaspoon coriander
- ½ teaspoon cuminseed
- 1 bay leaf
- 1 dried lemon leaf
- ½ pound shredded or fresh-grated coconut
- salt
- 1 teaspoon brown sugar
- 1 cup roasted peanuts

Crush onions, garlic, ginger, coriander, cuminseed, bay leaf, and lemon leaf.

Fry coconut in a dry frying pan until light brown in colour. Add the crushed spices. Lightly moisten the mixture with water and add salt and brown sugar. Fry together until coconut is evenly browned.

Mix freshly roasted peanuts with the coconut paste. Take only small helpings.

INDONESIAN COOKING

UNFAMILIAR TERMS ENCOUNTERED IN INDONESIAN COOKING

ASSEM	(tamarind) (available at most Chinese shops)
BAWANG MERAH	substitute onions or shallots
BAWANG POETIK	garlic
DAON DJEROEK POEROET	leaves of spicy lemon
DAON SALAM	bay leaves
DJAHE	fresh ginger
DJIENTEN	cuminseed
GOELA DJAWA	brown sugar
KATJANG	roasted peanuts
KEMIRIE	substitute almonds
KETJAP ASSIN	soybean sauce
KETOEMBAR	coriander
KRUPUK	substitute dried Chinese prawn slices
LOMBOK	hot, dried chilies
MIE	Chinese vermicelli
OEDANG	dried shrimps
PISANG	bananas
SANTEN	fresh coconut milk
TAHOE	bean curd (available at Chinese shops)
TAUGE	bean sprouts
KOENJIT	turmeric
KOEPANG TIKOES	cloud-ear fungus (available at Chinese shops)
REBOENG	bamboo shoots (tinned)
	nutmeg
	mace
	cloves
	black pepper

INDIVIDUAL DISHES FROM INDONESIA

Sajoer

SPICY VEGETABLE SOUP

Sajoer often introduces an Indonesian meal. It should be served over boiled rice or in individual soup bowls.

To serve eight

- 1 teaspoon coriander
- 1 teaspoon cuminseed
- 2 bay leaves
- 1 dried lemon leaf
- 4 cloves garlic
- 1 small ginger root
- 2 tablespoons peanut oil
- 5 Brussels sprouts
- 1 carrot
- ½ cup chopped green beans

INDONESIAN COOKING

- ½ cup green peas
- 2 cauliflowerettes
- 2 cabbage leaves
- 2 onions
- 1 fresh green pepper
- 1 fresh red chili
- 1 cup finely shredded beef
- 3 pints coconut milk
- 1 cup fresh shrimps

Crush coriander, cuminseed, bay leaves, lemon leaf, garlic, and ginger root together in a mortar or electric blender and mix into a smooth paste. Fry the spice paste in a little peanut oil for a few minutes.

Cut vegetables into small pieces. Bring the beef, vegetables, fried spices, and coconut milk to the boil in a soup pot and allow to simmer for fifteen minutes. Add shrimps and cook for five minutes more.

You may vary the the vegetables for the Sajoer, but do not use many leafy ones.

Sajoer Menir

GENTLEMAN'S SAJOER

In the East, housewives are not supposed to occupy themselves with such menial tasks as cooking. Eastern cooks take plenty of time and make elaborate preparations for a meal. However—in cases of emergency, no doubt—there is a simplified recipe for the Sajoer—which even gentlemen or gentlewomen could prepare without too much work.

To serve six

- 4 ounces chopped beef
- 6 cups water or chicken stock
- salt
- 1 cup green peas
- 1 tin sweet corn
- 1 tablespoon peanut oil
- 2 onions
- 1 small ginger root
- 1 lemon-scented verbena leaf
(from Chinese shops)
- ½ pound fresh or 1 package frozen spinach
- 1 teaspoon brown sugar

Boil the beef in chicken stock or water seasoned with salt. After half an hour add the peas and the sweet corn and continue simmering for fifteen minutes.

Meanwhile heat peanut oil and lightly fry the minced onion, ginger, and crushed verbena leaf. Add these spices, together with the spinach and brown sugar, to the soup. Allow to boil for ten minutes more.

Soto Babat

TRIPE SOUP

This recipe was given to me by the Dutch-French manager of the Hotel Robertson—a tropical guest-house facing the famous canal in Djakarta. Here every Sunday a few tourists and a handful of leftover Dutch businessmen used to gather—until recently—to eat the traditional Rijstafel. In solemn silence they ate through the many courses, nostalgically evoking the past grandeur of Batavia, when the Rijstafel was never less than forty dishes!

INDONESIAN COOKING

To serve four to six

- 1 carrot
- 2 onions
- 1 pound tripe
- salt
- 6 peppercorns
- 1 bay leaf
- 3 pints coconut milk
- 4 hard-boiled eggs
- 2 leeks, finely chopped

Shred the carrot and finely slice the onions.

Cut tripe into strips half an inch wide and about two inches long. Add salt, peppercorns, and bay leaf to the coconut milk and cook the tripe in it slowly, covered, for about one hour or even more. Add onion and carrots and cook for five minutes.

Serve in individual soup bowls garnished with hard-boiled eggs cut into halves and chopped raw leeks.

Bahmie Goreng

This is a one-course, all-inclusive substitute for a complete Rijstafel.

To make this dish, it is advisable to use one of those large, round-bottomed Chinese frying pans that are capable of holding large quantities of food and heat the oil evenly.

To serve six

½ pound Chinese mie (vermicelli-type noodles)

½ cup peanut oil

½ pound finely shredded pork

2 medium onions, sliced

2 cloves garlic, crushed

1 small ginger root, grated or minced

2 celery stalks, chopped

2 bunches Chinese cabbage, chopped

¼ pound tiny peas in the pod

3 cabbage leaves, finely chopped

1 cup cooked or tinned shrimp

½ bunch spring onions, chopped

½ cup bean sprouts

2 teaspoons soybean sauce

salt

ground black pepper

3 cups cooked rice

pickled cucumbers

Boil the Chinese mie for six minutes, then drain.

Heat peanut oil in a large, heavy skillet and fry the finely shredded pork until golden in colour. Move the pork to one side of the pan and fry the onions, garlic, and ginger, stirring con-

INDONESIAN COOKING

stantly. Follow with the chopped celery, Chinese cabbage, peas in the pod, and cabbage leaves, and fry for about five minutes, no more.

Now add the boiled mie and fry until crisp. Last, add the shrimps together with the chopped spring onions and whole bean sprouts. Cook for three minutes.

Season with soybean sauce diluted with a little water. Sprinkle with salt and pepper. Serve with boiled rice and pickled cucumbers.

Nasi Goreng

JAVANESE FRIED RICE

There are infinite varieties of Nasi Goreng—the favourite dish of the Javanese. It is of Chinese origin, closely allied to the Chinese fried rice. You may use chicken, any kind of fresh or leftover meat, fish, prawns, or even ham. The basis, naturally, is always rice.

To serve four

- 1 cup uncooked rice
- $\frac{1}{2}$ cup peanut oil
- 2 medium onions, finely chopped
- 1 clove garlic, crushed
- 1 fresh chili
- $\frac{1}{2}$ pound roast beef, pork, or veal
- $\frac{1}{2}$ cup dried shrimps
- 3 eggs
- salt

Cook rice in one and a half cups of water for ten minutes. Allow to cool by spreading it out on a large dish.

Heat the peanut oil in a large, heavy skillet. Fry first the onions, garlic, and strips of chili. Add the diced meat and fry for two minutes, stirring constantly. Add the rice, together with the shrimps which have been soaked in water, then drained. Increase heat, adding more oil if necessary, and fry all ingredients together until the rice is golden in colour. Season with salt.

Prepare an omelet separately and cut into thin strips. Add strips of egg to rice and stir. Serve hot.

Nasi Goreng is delicious garnished with fresh chopped cucumbers.

**Kemangi
or Bitterballen**

CHICKEN CROQUETTES

These are really of Dutch origin, in Holland known as croquettes or Bitterballen. Shaped like small balls, the Kemangi are sometimes added to a Rijstafel. However, you may serve them as cocktail savouries or as an entree.

Makes about 20 small kemangi

½ pound cooked chicken, boned
2 teaspoons butter
2 tablespoons flour
1 cup chicken consommé or stock
1 cup milk
juice of 1 lemon
1 bay leaf
salt
freshly ground pepper
1 teaspoon chopped parsley
1 egg
bread crumbs
peanut or olive oil

Mince the chicken. Prepare a white sauce with the butter, flour, stock, and milk. While the sauce is thickening, season with lemon juice, bay leaf, salt, pepper, and parsley, stirring constantly. Mix the sauce with the minced chicken and spread the mixture on a plate to cool.

Shape the Kemangi by hand into small balls about one to one and a half inches in diameter. Roll the balls on a floured board, dip in beaten egg, then coat with bread crumbs. Deep-fry in very hot oil until an even golden brown.

Kemangi may be made with veal, roast beef (underdone), shrimps, mushrooms, or ham.

Chicken in Coconut

BALINESE DISH

This is one of the most delightfully festive dishes that comes from Bali. It is also, I can assure you, since I often serve it myself, the most impressive dinner or luncheon dish you can serve to your favourite guests.

The chicken is baked in the coconut. Each guest is served with a full coconut on a platter. For added attraction (though this is certainly *not* a Balinese custom but more "à la Ritz") you may serve the coconuts *flambé*—that is, in flames. Just as you bring them to the table, pour a spoonful of hot rum over each coconut and set them alight.

To serve four

4 coconuts
3 tablespoons lard, butter, or oil
1 tender chicken
1 medium onion, finely chopped
2 green peppers (capsicum), chopped
4 small firm tomatoes, quartered
salt
freshly ground black pepper
2 cloves garlic, crushed
flour

Saw off the tops of the fresh coconuts and scrape out the flesh. Soak coconut meat in two cups of water and let stand for two hours. Squeeze the juice out of the coconut meat three times, until you obtain about a cupful of thick coconut milk.

Melt the fat in a heavy iron skillet. Cut the chicken into small pieces and fry. Remove larger bones either before or after frying.

In the same fat, fry the onion, then the green peppers, and last the tomatoes. Season with salt, pepper, and garlic, and cook with the chicken and coconut milk for at least forty minutes. Thicken with a little flour.

Half fill each coconut with the chicken mixture and top with shredded coconut. Replace the caps and seal the edges with a thick paste made of flour and water.

Stand coconuts in a roasting pan with about an inch of water at the bottom. Bake for an hour in a warm oven (350°), basting coconuts frequently with water to prevent scorching.

Malayan Cooking



WHERE ALL TASTES ARE CATERED TO . . .

I first encountered Malay cooking in Singapore. This British-advised port is similar to an immense bazaar where all tastes are catered to. In Singapore you are aware that life is lived with an intensity that cares only about today: tomorrow is eternity, and what matters is the moment. For the coolie his bowl of rice, for the Indian his curry, for the Malay his fish, for the Chinese his profit . . . for the European, business and good living while they last.

This teeming city smells of spices, freshly cooked food, and open gutters. Bearded Indians squat on the pavement, surrounded by children who stretch out their hands, begging for food. Tourists come and go strictly in the vicinity of the Raffles Hotel, and occasionally one meets an impeccably dressed official with little authority and even less pension to await him when he retires to Devon or Cornwall. A Chinese woman, face as calm as

the full moon, shuffles past carrying two buckets full of something suspended from a pole across her stooped shoulders. The Malay vendor cries, "*Satay! Satay!*" from beside the portable kitchen he has set up on the street. Just then a cart full of high-smelling durians almost upsets the charcoal brazier balancing at the edge of the curb.

Lights shine from a joss house, and through the open gates decorated with carved dragons one gets a glimpse of the old priestess dressed in yellow robes, telling futures to the sound of jingling money.

Death here is a cause for feasting. In Dying-Out Street in Singapore, the last preparations for a funeral are made. Inside, in a room thick with the smell of incense and decay, the opium-soaked flesh of a dying Chinese is guarded by two women—wives Number One and Number Two. Outside on the footpath, the seven sons and fifty-four relatives of the old man are having a picnic with the appropriate clatter of chopsticks and the wine cups.

When they are not engaged in business, the people of Singapore eat. There are cafés everywhere and for every pocket. Restaurants where chopsticks are regarded with intolerance and the specialty of the house is Coq au Vin and Tournedos Henri IV. Crowded Chinese cafés and Malay eating houses where there's hardly any need for printed menu cards. Clubs where the symbol of unity is Worcester sauce and where the frozen mutton comes from Australia. Luxury residences hidden behind gardens where the bougainvillaea, hibiscus, and orchids lend the appropriate floral decorations to dinners served by softly gliding servants.

Singapore is a culinary maze. There's hardly anything you cannot get here—even Hungarian goulash.

But the three basic cooking trends are Malay, Indian, and Chinese. Of these, we shall begin with the Malay.

Malay
Chicken Rice

To serve six

- 1 4 to 5-pound boiling fowl
- 4 small red onions
- 1 carrot
- 1 fresh red chili
- salt
- freshly ground black pepper
- 1½ cups uncooked rice
- 1 teaspoon saffron
- ½ cup vegetable oil
- 2 cloves garlic

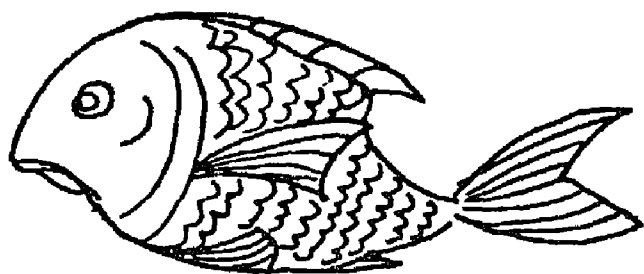
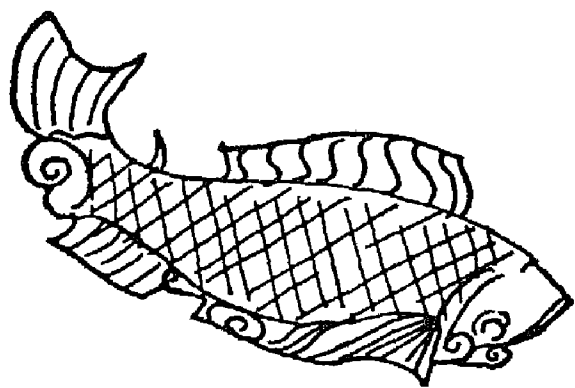
Clean and dress the fowl and place it in a saucepan with two of the whole onions, one carrot, the chili cut into strips, and enough water to cover. Season with salt and pepper. Bring to a boil, then slowly simmer until meat is tender.

When done, cut chicken into twelve small pieces. Do not remove the bones.

Cook rice separately in the chicken stock, and when tender add the saffron.

Meanwhile heat oil in a heavy iron skillet and fry the remaining two onions, which have been finely chopped, and the garlic. In the same pan, fry the cooked chicken pieces until crisp. Add these to the rice; stir well.

Serve hot.



**Malay
Fish Curry**

To serve six

- 2 pounds fleshy fish
(sea trout, cod, flake, haddock, etc.)
- salt
- 5 dried chilies
- 8 black peppercorns
- 1 teaspoon coriander
- ½ teaspoon cuminseed
- 1 clove garlic
- tamarind
- 1 onion
- ½ teaspoon turmeric
- 1 cup thick coconut milk

Gently wash fish and cut into strips two inches long and an inch wide. Season with salt and pepper.

Crush the chilies, peppercorns, coriander, cuminseed, garlic, tamarind, and onion in a mortar or electric blender. Add the powdered turmeric.

Heat oil in a large iron skillet and fry the curry paste for five minutes, stirring constantly. Reduce heat. Add the fish and coconut milk and allow the mixture to cook for ten minutes.

This is a dry curry. You may serve it without rice, on individual plates.

Masak Lemak

MALAY VEGETABLE GARNISH

- 4 tablespoons dried shrimps
- 1 medium onion
- 2 cloves garlic
- 1 head Chinese cabbage
- 1 small fresh coconut
- 4 fresh red chilies

Crush the dried shrimps in a mortar or electric blender. Finely chop onion and garlic and cut the Chinese cabbage (stalks and leaves) into small pieces. Grate coconut and soak coconut meat in one cup of water for ten minutes, then squeeze out juice. (You may repeat this performance twice.) Cut chilies into strips after removing hot seeds.

Pour coconut milk into a saucepan and bring to boil. Add onion, garlic, and chilies and slowly simmer, uncovered, for five minutes. Add the Chinese cabbage and continue simmering for five more minutes.

Masak Lemak is a garnish for fried fish.

Rendang Kering

MALAY BEEF CURRY

2 small white onions
1 small ginger root
2 cloves garlic
2 fresh chilies
1 small piece tamarind
1 teaspoon coriander
3 tablespoons shredded coconut
2 pounds lean stewing beef
salt
2 cups coconut milk
1 teaspoon brown sugar
saffron

Make a thick paste of the onions, ginger, garlic, chilies, tamarind, and coriander. In a heavy iron skillet brown the shredded coconut without oil, then add the spice paste.

Cut meat into small cubes and season with salt. Add the coconut milk, spices, brown sugar. Cook over low heat until meat is tender. Last, add a pinch of ground saffron.

There should be very little gravy left with this curry.

Panggang Perchik

BEEF MARINATED

MALAY STYLE

To serve four

4 fresh chilies

2 dried chilies

2 small onions

1 ginger root

1 small piece tamarind

1 tablespoon brown sugar

saffron

1½ cups thick coconut milk

1½ pounds sirloin steak

salt

Crush fresh and dried chilies, onions, ginger, and tamarind into a paste. Add sugar, a pinch of saffron, and the coconut milk. Cut steaks into thin four-inch-long pieces. Season with salt.

In an earthenware dish marinate the meat in the spices and coconut mixture. Allow to stand at least two hours, turning meat frequently.

Grill or barbecue the steaks, frequently brushing with the marinade. When steaks are done, heat the remaining marinade and pour it over the meat.

Satay

MEAT ON SKEWERS

Satay Sauce

It is hardly possible for anyone who has ever visited Malay or Singapore to have missed out on Satay. Satay vendors and their charcoal braziers are a regular feature of the streets. There is a smell of grilled meat mixed with the pungent aroma of fresh red chilies and peanuts typical to this part of the Far East.

Satay resembles the Caucasian shashlik. The meat is threaded on skewers, but, unlike the shashlik (which in fashionable restaurants all over the world is offered Mongolian fashion on long swords!), Satay is grilled on bamboo or palm-leaf skewers.

The Satay Sauce has for long been kept a culinary secret from curious Westerners. It is called "the sacred juice of Java". When I first tasted this sauce in a floodlit Singapore garden that reached down to the dark, oily sea, the first sensation was of burning. I dipped the skewered meat into the sauce, believing it was a barbecue sauce.

But the secret juice of Java is made of hot chilies and roasted peanuts. The authentic recipe, given to me by a Singapore friend, is the following:

FOR MEAT ON SKEWERS

- 1 clove garlic
- 1 small onion
- 1 cup roasted peanuts
- 2 fresh chilies
- 3 dried chilies
- 1 teaspoon sugar
- 1 small piece tamarind
- juice of ½ lemon
- 2 tablespoons water
- 2 tablespoons coconut milk
- 1 tablespoon soybean sauce

In a mortar or electric blender, crush together the garlic, onion, roasted peanuts, fresh and dried chilies, sugar, and tamarind. Fry this paste in a dry frying pan for a few minutes. Add lemon juice, water, coconut milk, and soybean sauce and bring to a boil. Reduce heat and allow to simmer until the sauce is good and thick.

You may keep Satay Sauce in your refrigerator in a tightly closed jar for a few weeks.

Serve with grilled meat threaded on skewers.

Beef Satay

- 1 pound fillet of beef
- salt
- black pepper
- ½ cup thick coconut milk

Cut beef into bite-size cubes. Rub cubes with salt and pepper. Thread meat onto skewers and dip into coconut milk.

MALAYAN COOKING

Barbecue or broil skewered meat, turning frequently. Meanwhile baste repeatedly with coconut milk.

Allow two skewers per person, and serve the Satay Sauce separately.

Pork Satay

SINGAPORE STYLE

- 1 teaspoon turmeric
- 1 teaspoon ground almonds
- 1 ginger root
- 1 teaspoon coriander
- 1 cup thick coconut milk
- 1 pound pork loin
- salt
- pepper
- 1 teaspoon brown sugar

Crush the turmeric, almonds, ginger root, and coriander and moisten with coconut milk. Cut pork into bite-size pieces. Season with salt and pepper. Marinade the meat for at least an hour in coconut milk and spices.

Thread pork on skewers (about five or six pieces to each). Sprinkle with sugar. Baste frequently with the marinade while grilling.

Chicken Satay

Boil chicken; bone and cut meat into bite-size cubes. Prepare a marinade of coconut milk, salt, sugar, and a little powdered coriander.

Thread chicken cubes on skewers. Grill, basting frequently with the marinade. Serve the Satay Sauce separately.

Sweet-and-Sour Satay

MALACCAN RECIPE

1 pound sirloin or fillet of beef
salt
black pepper
2 cloves garlic
sugar

SAUCE

2 tablespoons butter
2 small onions, finely chopped
juice of 1 lemon
2 tablespoons sugar
1 teaspoon soybean sauce

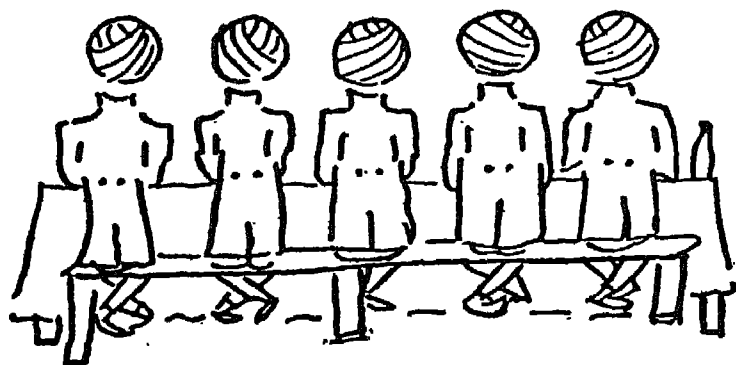
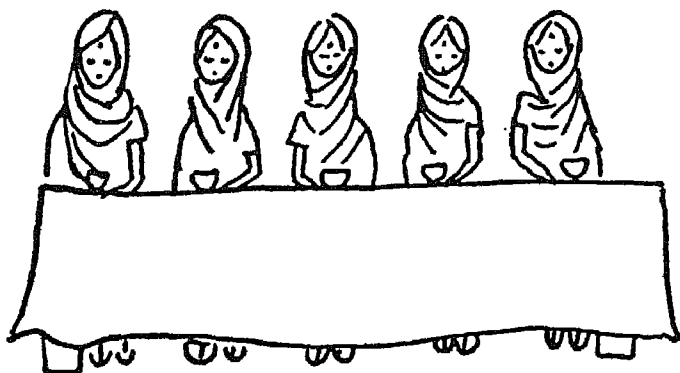
Cut meat into small cubes. Rub with salt, pepper, and garlic and sprinkle with sugar. Skewer.

Prepare a sauce as follows: Melt butter and lightly fry the chopped onion. Add lemon juice, sugar, and soybean sauce. Heat, but do not boil.

Before grilling the skewered meat, dip first in the sauce. While grilling, baste frequently in order to have the meat well flavoured.

The leftover sauce may be served separately and the cooked meat dipped into it.

Singapore-Indian Cooking



CURRY FOR A WEDDING BREAKFAST

On a hot, moonlit night, three hundred Indian guests came to attend a wedding party on the outskirts of Singapore. The actual marriage ceremony was held the day before, and since then the fifteen-year-old bride and her slightly older husband had not had even a chance to exchange words with each other. They were kept busy playing host and hostess and smiling indefatigably.

The frangipani were in full blossom, and in the wooden pavilion where the tables were set, orchids and gardenias were amassed in a profusion of colour. Guests were grouped according to their caste: the Brahmans at the top of the table, with their women-folk, resplendent in golden and silk saris, strictly segregated on

one side and ignored by the men who sat opposite them. A strict gap divided the Brahmans from the next-best caste, and an entirely separate table served for the Sikhs and their families.

The Sikhs are magnificent-looking people. They wear enormous turbans and their eyes blaze fiercely under dark eyebrows. In Singapore they call them the *jagga*: they are the guardians of the peace. One sees them at night stretched out on the front porches of private bungalows, and the sight of them is sufficient to ward off cat burglars and all unwanted visitors.

We sat in splendid isolation at a small table reserved for those few Europeans who were invited and were spirit-drinkers. The rest of the guests cultivated soft drinks.

The first dish was curried liver. It was an entirely different curry from any I had ever tasted before: hot, pungent, and almost completely free of gravy. No rice was offered with it, and instead of the chutney so popular among Westerners, we had pickled red chilies on separate plates.

The next course was curry, this time made of beef. Again no rice. Servants carried huge plates with fresh chapatties, the wafer-like bread favoured by Indians. We crushed the chapatty over the meat to soak up the hot gravy.

An egg curry came next, then a vegetable plate consisting of lentils spiced with curry and fresh chilies and cooked in coconut milk.

Then there was crab curry, a small helping served ungarnished. In swift succession followed fish curry, small pieces of curried chicken, then again meat (which we were told was buffalo and tasted surprisingly tender).

In between courses we watched the guests. They ate with their fingers. Their table manners seemed graceful and made our forks clumsy and uncivilized. They did not converse with each other. Empty soft-drink bottles were constantly replaced before them,



just as our private waiter, who stood behind us, never allowed our glasses to be empty. We drank Scotch whisky. The only people who did not eat were the bride and groom. They stood apart in a corner, keeping a weary eye on their guests. As dish after dish followed, they stood there, a fixed smile on their lips, like two puppets in a side show.

At last we were offered rice, and with it the cook appeared to receive the compliments. He was six feet tall and barefooted, and we were told that he was a reformed pirate, having been a well-known smuggler once. After such a hectic career he welcomed the change that cooking offered him. Beaming at the guests, he moved among them, wiping his hands on his trousers, indicating that his job had been accomplished.

The rice was the last course. It was Chicken-Rice coloured with saffron and tasted somewhat like a hot risotto.

After the rice, the speeches began. Unfortunately it was time for us to depart. We had another invitation—to a Chinese dinner, since the night was still young. In Singapore they have the longest nights in the world.

SUGGESTIONS FOR A WESTERN CURRY DINNER

1. Fish curry (or lobster, crab, or scallop curry)
2. Chicken curry
3. Egg curry
4. Meat curry (beef, mutton, veal)

These four dishes are the main courses. With them there should be an assortment of condiments offered on separate plates from which the guests may help themselves.

Suggested condiments:

- a. Fresh, chopped cucumbers
- b. Fresh, chopped green peppers
- c. Fresh, chopped tomatoes
- d. Roasted peanuts
- e. Raisins
- f. Currants (soften first in boiling water, drain)
- g. Fresh (or tinned) coconut
- h. Chutney (mango, tomato, etc.)
- i. Sliced, pickled gherkins
- j. Fresh, sliced bananas
- k. Chapatties (Indian bread, sometimes available in Oriental food stores. Can be substituted with prawn slices, easily obtainable at Chinese stores. The prawn slices should be fried in deep oil for a couple of minutes.)

With a curry dinner no desserts are necessary. A selection of tropical fresh fruits, such as pineapple, papaya, iced melons, etc., is ideal.

The most suitable drink to offer with a curry dinner is beer.

HOW TO MAKE YOUR OWN CURRY POWDER

Only after you have tasted real Indian curry do you begin to be aware that the curry powder sold commercially is but a poor “ersatz” compared to the real thing. I have found two solutions for curry connoisseurs:

1. Make your own curry powder.
2. Buy it directly from Indian merchants (provided you live in a capital city) and make sure the powder is fresh.

Spices for
Curry Powder

- ¼ ounce coriander seeds
- ½ ounce peppercorns
- 3 ounces dried chilies
- 1 ounce saffron
- ½ ounce cuminseed
- ½ ounce fenugreek
(best obtained from chemists)
- ½ ounce mustard seeds

To make curry powder at home is not as complicated as one would first think. In most modern kitchens these days there are electric gadgets to facilitate the housewife's chores. A blender, for instance, will cut your work down to seconds, as opposed to the old-fashioned method of crushing spices in a mortar.

Buy your spices at Indian or Chinese stores. Put spices on a baking tray and roast in a hot oven for a few minutes. After roasting the spices, grind them electrically or crush them in a mortar. Never mix all spices together, but grind them one at a time. When all spices are ground, mix them well together. Though curry powder loses much of its strength and fragrance if it is kept too long, it will keep in an airtight jar for a few weeks at least.

Curry "Maison"

This is a basic curry, the recipe for which was given to me by an Indian cook who worked on a cargo boat operating between England and Australia.

Allow six ounces of meat and one half-cup uncooked rice per person.

To serve four to six

1½ pounds top round beef

4 medium onions

5 cloves garlic

4 tablespoons vegetable oil or butter

3 teaspoons curry powder

salt

1 carrot, grated

½ cup stock or water

Cut meat into small cubes. Finely chop onions and garlic. Melt the fat in a large saucepan and fry the onions and garlic until golden. Add curry powder, stirring well, and fry a few more minutes. Add the meat, season with salt, and stir well. Cover saucepan and lower the heat, allowing the meat to simmer slowly. Do not add any water until the meat starts sticking to the pan, and then only a couple of spoonfuls each time.

When meat is tender—in about an hour and a half—add the grated carrot. (The Indians do not use flour to thicken their gravies, but mashed or grated vegetables instead.) Cook slowly for ten more minutes. Remove lid and boil off all surplus liquid (if any) and slowly add the stock.

Serve boiled rice separately.

Never cook any other condiments together with the meat. Serve bananas, raisins, cucumbers, apples, etc., on separate dishes.

Curried Meatballs

This can be served as a main course for luncheon or as a side dish for a curry dinner. It is also delicious as a cocktail savoury. (In the latter case, the meatballs must be shaped very small.) This quantity is sufficient for four people as a main or side dish.

1 cup dried peas
1 pound lean beef
3 onions
salt
2 dried chilies
butter or vegetable oil for deep frying
1 tablespoon curry powder
flour
3 egg yolks

Soak the peas for six hours, then drain, cover with fresh water, and cook until soft. Rub through a sieve or mash in an electric blender.

Mince the meat and onions; season with salt and finely crushed chilies.

In a large iron skillet heat two tablespoons of butter or oil and sprinkle with the curry powder. Add the meat and onions and fry until the meat changes colour. Remove meat from pan and allow it to cool in a bowl. When cold, mix with the mashed peas. Correct seasoning if necessary.

Shape the mixture into small balls (about the size of golf balls). Roll them in flour, dip into the yolks of eggs, and fry in very hot deep fat till golden and crisp.

Curried Meatballs are best served hot but may be offered cold if desired.

Curried Eggs

Curried eggs are essentially a side dish for a curry dinner, but can also be offered as an entree or a main course for meatless luncheons. Allow two eggs per person if served as a main course; and as a side dish, allow one egg per person.

8 eggs
4 medium onions
2 cloves garlic
2 large firm green peppers
 $\frac{1}{4}$ pound butter
3 teaspoons curry powder
salt
 $\frac{1}{2}$ cup mashed vegetables (peas, carrots, etc.)

Hard-boil eggs, then cut them lengthwise into halves. Finely chop onions and garlic. Dice seeded green peppers.

Heat butter in a heavy casserole. Add chopped onions and garlic, fry until golden, then sprinkle with curry powder. Add diced green peppers and salt and cook, covered, for fifteen minutes.

Add the mashed vegetables and cook a few minutes longer, then dilute with a little water in order to make a nice curry gravy. Place hard-boiled egg halves in this curry-vegetable gravy; heat thoroughly and serve hot.

If served as an entree, garnish eggs with cold cucumber slices, water cress, chives, and fresh tomato quarters.

**Lobster
or Crab Curry**

1 cooked lobster, approximately 3 to 4 pounds
3 tablespoons butter
½ bunch spring onions
1 clove garlic
2 teaspoons curry powder
salt
½ cup mashed vegetables
 (carrots, peas, etc.)
juice of 1 lemon

Shell lobster, and if possible leave meat in fair-sized pieces.

Melt butter in a heavy iron skillet. Fry first the coarsely chopped spring onions and garlic; sprinkle with curry powder and add the lobster meat. Fry together for five to ten minutes. Season with salt and add the mashed vegetables. Cover and cook for five more minutes. Now add the chopped parsely and lemon juice, and let simmer for a short time.

Serve as a main or entree dish or as a side dish for a curry dinner. As a main course, one lobster is sufficient for four people. Garnish with boiled rice and 'decorate with lobster claws.

Chicken Curry

To serve four to six

1 3 to 4-pound fowl

1 cup coconut milk

juice of 1 lemon

4 dried red chilies

1 teaspoon coriander

4 peppercorns

$\frac{1}{2}$ teaspoon saffron

butter

2 medium onions, minced

2 cloves garlic, minced

Cut the fowl into eight or ten small pieces, but do not remove bones. Marinate chicken pieces in coconut milk and lemon juice for at least an hour.

Remove seeds from dried chilies and crush together with coriander and peppercorns, then mix in the powdered saffron.

Heat the butter in a heavy iron skillet and fry first the spices and then the onions and garlic. Add the chicken pieces and fry until light brown. Add coconut milk. Cover and let chicken cook slowly for about an hour, or until tender.

Fish Curry

To serve four

1 fresh coconut

1½ pounds fish fillets

salt

½ teaspoon freshly ground black pepper

juice of 1 lemon

2 small onions

1 clove garlic

1 fresh red chili

1 ginger root

3 dried, seeded chilies

2 tablespoons butter

1 green mango (optional), chopped

Scrape the coconut meat from the shell. Grate the coconut and add about a cupful of warm water to it. Squeeze out the juice.

Wash and dry the fish. Rub with salt and sprinkle with pepper. Cut into small pieces. Pour lemon juice over fish and allow to stand for fifteen minutes.

Finely chop the onions, mince the garlic, slice the fresh chili, and mince the ginger root with the dried, seeded chilies.

In a heavy iron skillet heat the butter and fry the mixture of onions, garlic, chilies, and ginger. Add the fish and the lemon juice and coconut milk and cook very slowly for five minutes. If you can obtain a fresh mango, add it now. Cover the skillet and cook very gently for five or more minutes.

This curry should have a rich gravy. Serve with boiled rice.

Curried Scallops

To serve four

1½ pounds scallops
3 medium onions
1 clove garlic
1 small green pepper
3 teaspoons curry powder
3 tablespoons butter
salt
4 whole cloves
1 stick cinnamon
½ cup thin coconut milk

Clean, wash, and thoroughly dry the scallops. Finely chop onions, mince garlic, and dice the green pepper. Soak one cup of shredded coconut in two cups of warm water, then squeeze out the juice.

Heat the butter in a heavy iron skillet. Fry first the onions and garlic. Add the curry powder and the green pepper. Season with salt and cook slowly, covered, for ten minutes.

Add the scallops, cloves, cinnamon, and coconut milk and cook gently for another five minutes. If necessary, thicken with a little flour.

Serve garnished with boiled rice as an entree dish, or as a side dish for a curry dinner.

Curried Eggplants

AUBERGINES

To serve four

2 pounds eggplants
salt
4 small onions
3 cloves garlic
2 green peppers
3 dried, seeded chilies
2 tablespoons shredded coconut
3 tablespoons butter or vegetable oil
1 tablespoon curry powder
freshly ground black pepper
½ teaspoon powdered mustard

Cut stems off eggplants but do not skin. Dice eggplant and sprinkle with salt. Slice onions finely and chop the garlic. Dice green peppers. Crush the chilies.

Soak coconut in one cup of warm water for half an hour, then squeeze out the juice.

In a heavy casserole heat the fat and fry first the onions and garlic. Add the curry powder and the eggplants and fry for a few minutes. Now add the green peppers and the chilies. Season with salt, pepper, and mustard.

Moisten with the coconut juice (about half a cup). Cover and simmer slowly for thirty minutes.

**Chicken Pepper
Indian-Style**

To serve four

1 boiling fowl
2 small onions
2 cloves garlic
4 green peppers
1 ginger root
salt
3 tablespoons butter or 2 tablespoons lard
pinch powdered turmeric
juice of 1 lemon

Cut chicken into about eight or ten pieces. Finely chop onions and garlic. Dice the green pepper. Crush ginger.

Heat the fat in a heavy casserole and fry the onions and garlic until golden. Add the pieces of chicken and fry for a few minutes, then season with salt and ginger. Cover casserole, reduce heat, and cook slowly for about half an hour, or until necessary to add some liquid. Dilute lemon juice with one half-cup of water and pour this over the chicken. Sprinkle with turmeric, add the diced peppers, and continue cooking until the meat is tender. The pan gravy should be fairly thick and golden yellow .

Serve boiled rice separately.

Mutton Pilaf

To serve four to six

1½ cups uncooked, unpolished (wild) rice
4 tablespoons fat or oil
4 medium onions
2 tablespoons curry powder
1½ pounds lean mutton
salt
8 peppercorns
1 stick cinnamon
4 cloves
juice of 1 lime
½ cup blanched almonds
4 eggs

Cook rice for eight minutes in sufficient water to cover.

Heat the fat in a heavy casserole. Fry first the chopped onions, then add curry powder and the cubed meat. Season with salt, peppercorns, cinnamon, and cloves. Cover the casserole and cook slowly for fifteen to thirty minutes. Add the lime juice mixed with half a cup of water and continue cooking until the mutton is tender.

Meanwhile slice the almonds in slivers and fry in oil. Hard-boil the eggs and cut them into halves or quarters.

Mix the cooked rice with the meat, almonds, and eggs, taking care not to break the latter. Moisten with a little stock or water and a spoonful of fat. Cover the casserole and place in a warm oven (350°) for half an hour.

Garnish with mango chutney, pickled gherkins, and fresh, sliced chilies.

Chicken Pilaf

To serve four

1 large fowl or 2 medium chickens
salt
2 cups unpolished (wild) rice
2 sticks cinnamon
 $\frac{1}{2}$ teaspoon powdered ginger
4 tablespoons fat or oil
4 small onions
2 cloves garlic
 $\frac{1}{2}$ cup chopped almonds
 $\frac{1}{2}$ cup seeded raisins
saffron

Cut chicken into small pieces (do not remove bones) and cook in salted water until tender.

Cook rice separately in the chicken stock for six minutes, seasoning the liquid with cinnamon and ginger.

Meanwhile in a skillet fry the cooked chicken pieces in oil until golden, together with coarsely chopped onions and garlic.

Transfer chicken and rice to a casserole. Add the chopped almonds, raisins, and enough chicken stock to keep the pilaf moist. Sprinkle with a pinch of saffron. Place in a medium-hot oven (375°) and cook, covered, for forty-five minutes.

Dhall Curry

LENTILS

Indians are very fond of the yellow dhall and believe in its high vitamin content. Dhall is the Indian name for lentils, which are available dried at Continental food stores. If you cannot obtain lentils, substitute dried peas or split peas instead.

While Westerners could hardly satisfy their appetites with a Dhall curry, if served with meatballs or a garnish of fried sausages it makes an excellent supper dish.

To serve four

½ pound lentils or dried peas or split peas
salt
freshly ground pepper
3 medium onions
2 cloves garlic
4 dried red chilies, seeded
2 green peppers
1 teaspoon curry powder
2 tablespoons butter

Soak lentils (or peas) overnight in water. Drain and cook for one hour in sufficient fresh water seasoned with salt and pepper. Rub through a fine wire sieve or mix in an electric blender to obtain a thick purée. (If you like, you can leave the lentils whole, as the Indians do.)

Finely chop the onions and garlic together with the dried chilies. Chop the green peppers. Heat the butter in a heavy iron skillet. Fry first the onions and garlic, then the chopped peppers and chilies. Add the cooked dhall. Moisten with a little stock (or the water in which the lentils were cooked) and heat, mixing thoroughly.

Serve garnished with curried Indian meatballs or fried sausages.

Prawns in Curd

Curd is another favourite food of India. To make curd, pour fresh milk into an earthenware bowl, cover, and keep in a warm place for a couple of days, until the milk has set and has the consistency of junket. Curd, well chilled, is a refreshing summer dish, similar to yoghurt.

To serve four

1½ pounds cooked and shelled prawns or shrimps

3 small onions

1 green pepper

1 fresh red chili or 3 dried chilies

2 tablespoons butter or oil

2 teaspoons curry powder

salt

2 cups curd

Leave the cooked and shelled prawns or shrimps whole. Finely chop the onions. Dice the green pepper and the fresh red chili, or chop the dried, seeded chilies.

Heat the butter in a heavy iron skillet and fry the onions until golden in colour. Add the curry powder, stir, and fry for a few more minutes. Add the chopped chilies and the diced pepper and cook slowly, covered, for ten minutes, or until tender.

Last, add the prawns or shrimps. Season with salt and add the curd. Carefully bring to boil. Reduce heat and allow to simmer for five more minutes.

Serve hot, garnished with rice.

Home-made Chutney

I confess I sympathize with the contemporary English novelist who, when once treated to a sumptuous repast by his publishers, exclaimed in horror: "But surely the chutney had come from a bottle!"

This is my favourite recipe for Home-made Chutney:

cooked and mashed pumpkin
 fresh mango, cut into small pieces
 3 or 4 green or red tomatoes, cut similarly
 ½ fresh pineapple, diced or crushed
 a few fresh apricots } to equal 1 pound
 loquats
 ½ cup ground dates
 piece of preserved ginger
 small piece of tamarind, soaked and minced]
 1 pound sugar
 1 pint vinegar
 1 teaspoon salt
 1 ounce sultanas
 6 dried red chilies, ground
 3 cloves garlic, minced

To each pound of mixed fruits and vegetables, add the same weight in sugar, a pint of vinegar, and salt. The fruits and vegetables can be varied, according to seasons.

Boil sugar and vinegar until a medium-thick syrup is obtained. Season with salt. Add the sultanas, chilies, and garlic and continue boiling until the syrup is very thick. Last, add the mixture of fruit and vegetables and boil for ten more minutes.

When cool, bottle in jars.

Chapatties

INDIAN BREAD

Chapatties are small dough wafers that can easily be made at home if you cannot obtain them at Indian or specialty stores. Make a stiff dough of whole-wheat flour and water, as you would for home-made bread, *but do not use yeast*. Chapatties are really unleavened wafers. Flavour dough with salt. When fairly stiff, divide the dough into small pieces—about the size of golf balls. Roll out each ball on a floured board to pancake thickness. Fry on a griddle, then dot with butter.

You may fry your chapatties in butter in a frying pan and offer them as hot savouries sprinkled with a little freshly ground pepper or chili powder.

Chinese Cooking



HONG KONG, THE GOURMET'S PARADISE

The best Chinese food in the world today is found in Hong Kong. This many-splendoured island abounds in local colour. In sheer vitality it surpasses every other city, even Tokyo. Hong Kong is cheap. The fact that the island practically sits in the pocket of Red China adds an extra thrill for those who do not come here to settle permanently. It is a paradise for the gourmet and the tourist with a safe passport.

It was in Hong Kong that I first became aware of the fact that most Chinese food I had tasted before in San Francisco, New York, Sydney, and on the South Side of Chicago was prepared Cantonese style. Just as one cannot claim to be well versed in the French cuisine unless one moves out of Paris and explores the various regions of France, so one cannot claim to know Chinese food if all one has sampled is Cantonese. There are at least three major schools of Chinese cooking—the Pekingese, the Shanghaiese, and the Cantonese.

In her civilization, which includes also the art of gastronomy,

China was many thousand years ahead of the West. One quickly realizes how much our Western cooking owes to China. Marco Polo and a long string of nameless missionaries have been largely instrumental in teaching us the ancient civilization of China.

I went to Hong Kong in search of the past splendour of that today impenetrable continent known as Red China. Certainly the gracious living as remembered by those who were the old China hands cannot be found in Hong Kong. What remains in art, customs, folklore, and in philosophy can best be obtained from books. Summing up this philosophy, one may quote a poem by Po-Chui, the poet, who died more than eleven hundred years ago:

*My new Province is a land of bamboo-groves;
 Their shoots in spring fill the valleys and hills.
 The mountain woodman cuts an armful of them
 And brings them down to sell at the early market.
 Things are cheap in proportion as they are common;
 For two farthings, I buy a whole bundle.
 I put the shoots in a great earthen pot
 And heat them up along with boiling rice.
 The purple nodules broken—like an old brocade;
 The white skin opened—like new pearls
 Now every day I eat them recklessly;
 For a long time I have not touched meat
 All the time I was living at Lo-yang
 They could not give me enough to suit my taste.
 Now I can have as many shoots as I please;
 For each breath of the south-wind makes a new bamboo!*

Translation by Arthur Waley

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"... For each breath of the south-wind makes a new bamboo!"

CHINESE DINNER MENUS

I.

A FESTIVE AND ELABORATE DINNER

Assorted Chinese Appetizers
Fried Prawns in Tomato Sauce
Whole Fish in Pepper and Vinegar Soup
Chicken and Walnut
"Mao-tze"
Fried Rice

II.

A SIMPLE CHINESE DINNER

Fried Spring Rolls
Water Chestnuts with Pork Kidney
Mushroom and Rice Soup
Fried Noodles with Shredded Chicken
Fresh Litchi Nuts (Chinese fruit obtainable at Chinese stores)

III.

INFORMAL CHINESE DINNER FOR SIX

A Community Chinese Hot Pot
Fried Rice
Pineapple and Stewed Cherries

CHINESE APPETIZERS

The Chinese, when entertaining guests either at home or more often in a good restaurant, begin the dinner with an elaborate plate of hors d'oeuvres. A selection of the numerous appetizers could be chosen from the following suggestions:

- Pieces of boiled chicken (cold)
- Crisp fried duck (cold)
- Diced, unsweetened fresh pineapple
- Abalone (Chinese mussels available tinned)
- Sticks carrot, celery
- Fresh ginger strips
- Pork or duck crackling
- Fried shrimps
- Pickled Tientsin cabbage (available in Chinese stores)

The above examples are, of course, for more festive dinners. Simpler hors d'oeuvres like fried prawn slices (obtainable by the pound at Chinese grocers and need only instant deep-frying) or chicken livers wrapped in bacon slices are equally satisfactory if a Western hostess prepares a Chinese dinner. In winter I suggest those small Chinese pork sausages, served hot with soy sauce, as a cocktail savoury.

The Chinese Hot Pot

This is a typical Chinese dish and quite likely the forerunner of Sukiyaki. (According to psychiatrists the Hot Pot is destined to foster community spirit—since the cooking takes place at the table.)

Each guest shares in the actual cooking. The saucepan with its own built-in compartment for charcoal is placed in the centre of the table. This saucepan is the "hot pot". (In Chinese the name for this cooking utensil is either *tan-lo* or *darben-lo*, depending on different dialects.) A funnel runs through the middle of the hot pot, and once the charcoal is glowing red, the heat rises through the funnel and maintains a steady simmering bubble in the stock or liquid that is poured into the saucepan. The assorted ingredients are all cooked in this bubbling stock.

In the West, the substitute for a genuine *tan-lo* or "hot pot" is an electric fry-pan, or an electric hot plate large enough to hold a shallow saucepan or casserole. Further utensils required to serve a Chinese Hot Pot are:

- a. A pair of chopsticks for each guest
- b. Small individual plates
- c. Small cups for the warm rice wine
- d. A large wooden or china platter on which the food is kept

Meat, vegetables, fish, and eggs are the basic ingredients for a Hot Pot. On a platter arrange thin strips of beef (fillet), shrimps or prawns (pre-cooked), scallops, any kind of sliced raw fish or chunks of lobster.

Use any kind of leafy vegetable that is in season, but preferably Chinese cabbage (roughly chopped) or lettuce hearts in slices, plus diced eggplant and spring onions. Dried Chinese

mushrooms, previously soaked in warm water, and strips of fresh ginger give the Hot Pot its typically Oriental flavour.

Bring the saucepan to the table half filled with a strong bouillon already warmed. Place saucepan on the pre-heated electric plate. Arrange the platter of food within easy reach and let each guest pick out his own choice of meat, fish, or vegetables and one by one dip a chopstickful into the pot. In a few minutes the food will be cooked in the bubbling bouillon.

To test the skill of your guests, encourage each of them (or whoever wants to) to break a whole egg in the pot. After each egg has poached a few minutes, let the guests take it out with their chopsticks. (But do have some spoons ready, in case . . .)

With the Hot Pot the Chinese drink warm rice wine. If rice wine is unprocurable, serve a light, dry table wine or a dry, warm sherry.



The Basic Chop Suey

Whatever happens, one should never overcook Chop Suey.

The Chinese cook never makes Chop Suey in a saucepan; instead, he fries all ingredients in a deep, round-bottomed Chinese-style frying pan made of cast iron. These pans can be bought at Chinese hardware shops.

The most important thing is to keep the temperature of the fat (or oil) at a steady, sizzling heat while frying. Also, all ingredients should be ready: the meat sliced paper-thin, the vegetables cut in small pieces. The actual frying should not take longer than five to ten minutes.

The best description of Chop Suey is one I heard in Hong Kong: "Chop Suey is a ragout that has been fried instead of cooked."

To serve four

- 1 bunch Chinese cabbage, stalks only
- 1 cup bean sprouts
- ½ bunch spring onions
- 2 cloves garlic
- ½ pound pork or beef, veal or chicken
- 3 tablespoons soybean sauce
- 1 tablespoon cornflour
- 1 cup vegetable oil
- or 3 tablespoons lard
- salt
- 1 cup green peas, shelled
- or ¼ pound tiny peas in the pod
- ½ cup bouillon or stock

Cut up the cabbage stalks. Wash and dry the bean sprouts. Chop the onions and mince the garlic. Slice the meat paper-thin. If chicken is used, cook first, then remove bones and dice the meat.

Thicken soy sauce with cornflour and a little water.

Heat the oil in a heavy frying pan. First fry the meat for a few seconds until its colour changes. Add salt and move meat to one side of the pan. One by one add the different vegetables. Stir constantly and fry until crisp.

Last, pour on the thickened soy sauce and slowly add the stock. Bring to the boil and cook for a few minutes—without a lid, naturally.

Snapper and Peas in the Pod

CANTONESE

My friend the Chinese grocer in Hong Kong uses an abacus instead of a cash register. In conversation we resort to our hands, and when he means "yes" he never nods but shakes his head. It was he who taught me first about the delicacy of the pea in the pod.

"First string it," he pantomimed, "then fry." I raised an eyebrow. "Fry?" He shook his head, meaning "Yes, fry. In deep peanut oil, and no more than five minutes." He held up five fingers. Isn't it easy to converse in Chinese, really?

To serve six

1 pound filleted snapper or any white, filleted fish

2 tablespoons flour

1 egg

salt

pepper

1 cup sliced, dried Chinese mushrooms

1 cup peanut oil

$\frac{1}{2}$ pound tiny peas in the pod

$\frac{1}{2}$ cup chopped spring onions

2 tablespoons soybean sauce

1 teaspoon sugar

2 tablespoons bouillon or water

flour

$\frac{1}{2}$ cup roasted almond slivers

Cut the filleted fish into strips. Make a light batter of flour and egg; season with salt and pepper. Soak mushrooms in hot water. Drain.

Heat the oil in a heavy iron skillet. Dip the fish in the batter and fry until golden. Remove and keep warm on the side of the stove.

Fry the mushrooms for five minutes, then the tender tiny pea pods and the chopped spring onions, stirring constantly. Add the soy sauce flavoured with sugar, bouillon or water, and thickened with a little plain or corn flour. Cook for a few more minutes, uncovered.

Lay snapper strips on top of the vegetables and sprinkle with roasted almond slivers.

Water Chestnuts
with Pork Kidneys

CANTONESE

To serve four

2 pork or calf's kidneys
1 tin water chestnuts
1 teaspoon cornflour
2 tablespoons soybean sauce
1 tablespoon sherry
juice of $\frac{1}{2}$ lemon
1 teaspoon brown sugar
1 cup peanut oil
1 onion, thinly sliced
salt

Soak kidneys in several changes of water then cut lengthwise into halves and remove ducts. Chop kidneys into small cubes.

Finely slice the water chestnuts and boil them in their own liquid for five minutes. Drain.

Moisten cornflour with soybean sauce, sherry, and lemon juice and add sugar. Pour this over kidneys and allow to stand for half an hour.

Heat oil in a heavy iron skillet. Lightly fry first the onion and water chestnuts. Move them to one side of the pan and fry the kidneys until they change colour completely. Now add the sauce; stir and cook a few minutes, until the gravy thickens.

Season with salt at the table only—not while cooking.

**Fried Pork
and Rice**

CANTONESE

To serve four

- 2 cups cooked rice
- 2 eggs
- $\frac{3}{4}$ pound lean pork
- 3 spring onions
- 3 cloves garlic
- 3 tablespoons peanut oil
- $\frac{1}{4}$ pound bean sprouts
- 3 teaspoons soybean sauce

Let the cooked rice cool completely. Prepare an omelet with the eggs, salt, and a teaspoon of lukewarm water. Cut omelet into thin strips.

Cut pork into paper-thin slivers. Chop the onions and garlic. In a heavy iron skillet heat the oil and fry the meat until it changes colour. Move to one side of the pan and fry the onions and garlic for a few minutes. Last, add the bean sprouts and fry for two minutes.

Now stir in the rice and fry. After a couple of minutes pour on the soybean sauce. Stir all ingredients together well. Add the egg strips and serve hot.

**Fried Noodles
with Shredded Chicken**

CANTONESE

The Cantonese noodles, called "mee" or "mie", resemble the fine Italian tagliatelli. If you do not have access to Chinese stores, substitute tagliatelli for the Chinese noodles.

To serve four

¾ pound Chinese noodles
1 medium onion
2 spring onions
1 cup soaked and drained dried
Chinese mushrooms
oil for deep frying
2 cups shredded cooked chicken
salt
2 tablespoons soybean sauce

Boil noodles in plenty of salted water for five minutes. Rinse in cold water and drain thoroughly.

Finely chop onions and slice the soaked dried mushrooms. In a heavy iron skillet heat enough oil for deep frying. When oil is smoky hot, fry the noodles until crisp and golden. Remove and keep warm.

Pour off half the fat from the pan. In the remaining fat fry first the onion, then the chicken. Add salt, soybean sauce, and mushrooms. Stir constantly and fry for five minutes.

Arrange noodles on plates and top with the chicken and mushroom mixture.

**Fried Fish
in
Sweet-and-Sour
Sauce**

CANTONESE

To serve six

- 1 whole fish, about 3 or 4 pounds
- salt
- pepper
- 1 tablespoon flour
- 1 cup vegetable oil
- 1 ripe tomato, quartered
- 1 tablespoon brown sugar
- 1 cucumber, peeled and sliced
- 1 tablespoon soybean sauce
- 1 tablespoon vinegar

Scale, wash, cut, and score fish lengthwise. Remove head but keep the tail. Carefully take out the bones. Rub with salt, dust with pepper, and coat with flour.

In a large skillet heat the oil until smoky hot. Fry the fish on both sides. Reduce heat and fry for five more minutes. Pour off the surplus fat from the pan and add the tomato, sugar, cucumber, and the soybean sauce combined with the vinegar. Slowly fry, uncovered, for another five minutes.

Serve fish in its own sweet-and-sour gravy.

**Fried
Spring (Chicken)
Rolls**

CANTONESE

No Chinese café in the world would omit these Spring Rolls from its menu, just as no Chinese cook would be willing to tell you exactly what he puts inside the rolls.

The best Chicken Rolls I have tasted were in a workmen's café in Hong Kong, where the dishes were hawked around the tables by food vendors. From a tray slung over their necks, the food vendors sold small bamboo containers of varying sizes. Every size had a different price and contained some different dish. In the end, the empty containers were collected from the tables, thus greatly simplifying the Western system of presenting the bill at the end of the meal.

To serve six

4 eggs

salt

1½ cups flour

lard or oil for deep frying

3 spring onions, chopped

1 cup finely shredded pork

1 cup finely shredded boiled chicken

1½ cups bean sprouts

3 dried Chinese mushrooms, chopped

Make a light pancake batter with three of the eggs, a pinch of salt, the flour, and sufficient water. This batter will yield six large or eight small pancakes.

To make the filling for the pancakes, fry the chopped spring onions with the finely shredded pork until the meat changes

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colour. Add the cooked and shredded chicken and fry for three minutes. Last, add the tender bean sprouts and the parboiled mushrooms. Season with soybean sauce. When the filling is sufficiently cool, add one egg and a little salt and mix well.

In the centre of each pancake put about two tablespoons of the filling. Roll pancake up, tuck in the ends, and fry in deep hot oil or fat until golden and crisp on all sides. Drain off fat. Cut each roll into four pieces and serve hot.

**Fried Pork
and Green Peppers**

CANTONESE

To serve four

1½ pound medium-fat pork (loin)
2 green peppers
3 spring onions
2 cloves garlic
1 tablespoon plain flour
2 tablespoons soybean sauce
1 tablespoon brown sugar (optional)
1 tablespoon lard
salt

Cut pork into very thin strips about one and a half inches long. Remove stem and seeds from green peppers and cut into dice. Finely chop spring onions and mince the garlic.

Make a smooth paste of flour, soybean sauce and water, adding brown sugar if preferred.

Heat lard in a frying pan and fry first the onions and garlic for a few minutes. Add the diced pepper, salt, and fry slowly for five minutes. Last, fry the pieces of pork until they change colour.

Now pour on the thickened soybean sauce. Bring to boil and allow to simmer for a few more minutes.

**Fried Shredded Beef
and Onions**

CANTONESE

Follow directions for Fried Pork and Green Peppers, using beef instead of pork. Omit the peppers and increase the amount of spring onions to one bunch. The beef should be first-quality sirloin or fillet cut into small strips.

"Mao-Tze"

OMELET WITH CHOP SUEY
SHANGHAI-STYLE

The translation for "Mao-Tze" is "Put on the Cap!" This dish is traditionally served next to the last course of a Chinese meal. (The last course is invariably fried rice, of which politeness requires that the guests take but a mouthful, to indicate complete saturation and satisfaction with the meal.)

"Mao-Tze" would make a delightfully different luncheon for your guests who like food with a Chinese flavour.

To serve four

Basic Chop Suey for 4 (see recipe)

3 eggs

salt

2 spring onions, finely chopped

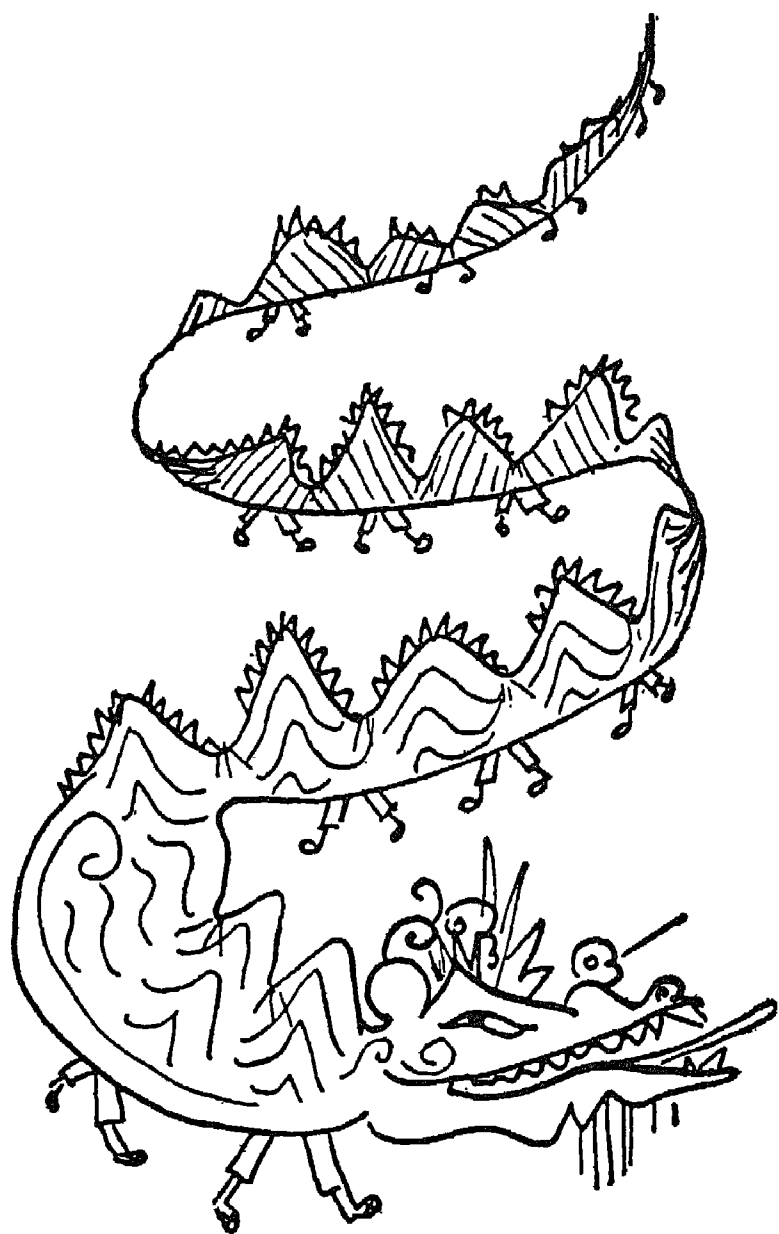
¼ pound cooked, diced ham

1 tablespoon lard

Prepare the Basic Chop Suey and arrange in a deep serving platter. Keep hot.

Meanwhile quickly prepare omelet as follows: Lightly beat eggs; add salt and a tablespoon of warm water. Mix in the finely chopped spring onions and diced ham.

Heat lard in a frying pan and add the egg mixture. Reduce heat as soon as the edges of the omelet harden, and stir top gently with a fork. When the eggs are set, the omelet is ready. Do not turn omelet over, but slide it on top of the dish of warm Chop Suey.



Chicken Walnut

SHANGHAI-SE

To serve six

- 1 fowl, approximately 4 pounds
- 1 carrot
- 1 parsnip
- few sprigs of celery
- 1 onion
- salt
- pepper
- 6 Chinese dried, whole mushrooms
- 1 large green pepper
- 1 fresh red chili (optional)
- 5 spring onions
- 1 clove garlic
- 3 tablespoons lard
- 8 whole prawns or 12 shrimps, boiled
- 2 tablespoons soybean sauce
- flour
- 1 cup chopped walnuts

Boil fowl with carrot, parsnip, celery, onion, salt, and pepper. When meat is tender, strain and reserve liquid. Remove bones and cut chicken into bite-size pieces.

Soak the Chinese mushrooms in warm water for half an hour, then drain. Slice the caps. Dice the green pepper and chili, and finely chop the onions and garlic.

In a heavy iron skillet or round-bottomed Chinese frying pan heat the lard. Fry first the chicken pieces, then onion and garlic, and last the green peppers. Add the parboiled mushrooms and the boiled and shelled prawns, whole.

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Moisten a little flour with the soybean sauce and a little of the chicken stock. Pour this mixture over meat and vegetables in the pan. Stir and cook until the sauce is thick.

Sprinkle chopped walnuts over the dish and serve with boiled rice.

Liver and Kidney

SHAO SHIH CHIEN

SHANGHAI-ESSE

To serve four

- 1 ox kidney
- ½ pound calf's liver
- 2 fresh cucumbers
- salt
- 1 teaspoon cornflour
- 2 tablespoons soybean sauce
- juice of ½ lemon
- 3 tablespoons lard

Core and cut the well-soaked kidney into small cubes. Do not wash liver, but cut into similar pieces. Peel and dice the cucumbers and allow them to stand, covered with salt, for half an hour. Moisten cornflour with soybean sauce and lemon juice.

Heat lard in a heavy iron skillet. First fry the kidney for a few minutes. Move to one side of the pan and add the liver. Stir and fry until it changes colour. Add the cucumber and fry a few more minutes, after which pour the thickened soy sauce into the pan. Stir until sauce thickens sufficiently, then serve at once, salting the dish only at the table to prevent liver and kidney from getting tough.

**Fried Prawns
in Tomato Sauce**

SHANGHAI-SE

To serve four

1 pound fresh or tinned tomatoes
1 teaspoon cornflour
2 teaspoons wine vinegar
2 tablespoons brown sugar
3 tablespoons soybean sauce
16 prawns or 24 shrimps
1 egg
flour
salt
pepper
lard

Dice the tomatoes and sauté in a covered saucepan in a little butter or lard for ten minutes. Strain through a sieve. Add the cornflour mixed with vinegar, sugar, soybean sauce, and a little water, and cook uncovered for five more minutes.

Shell prawns or shrimps and dip them in a light batter of egg and flour seasoned with salt and pepper. Heat lard in a heavy iron skillet and fry prawns until golden brown.

Drain off the surplus fat from the pan. Add the tomato sauce, and at reduced heat simmer slowly, uncovered, for five more minutes.

Fried Prawns in Tomato Sauce are traditionally accompanied with Crisp Rice Toast and figure among the many entree dishes of a festive Chinese meal.

Stuffed Duck

NOA-MEI-AH

SHANGHAI-CHINESE

This is one of the many delicacies served during an endless Chinese meal. I am especially indebted to Mrs. Yao of Kowloon for this and many other Shanghai-ese recipes. The wife of Professor Yao, author and playwright, she and her husband spent some time in America at Yale University. Both refugees from Shanghai, the Yaos still maintain the old Chinese traditions in their apartment in Kowloon but combine it skilfully with Western-style living. Professor Yao often wears the white robe, the *ramie*, worn by Chinese scholars, while Mrs. Yao dresses in the traditional mandarin-collared sheath, the *chung-sam*.

To serve four

- 1 duck
- $\frac{1}{2}$ cup uncooked rice
- 2 small lotus buds (tinned or dried)
- 2 tablespoons brown sugar
- 2 tablespoons soybean sauce
- lard

Clean and truss duck and make a sharp incision along its back. Carefully remove backbone and breastbone and stuff the body with the uncooked rice flavoured with lotus buds, sugar, and soybean sauce.

Sew up skin and place duck in a saucepan. Cover with water flavoured with a little soybean sauce and sugar. Boil until the duck is tender, about one and a half hours.

In a heavy iron skillet heat plenty of lard for deep frying. Drain and dry the cooked duck and fry the bird on all sides until crisp and brown.

Serve cut into pieces about two inches long.

**Fried
Marinated Fish**

SHANGHAI-SE

To serve four

- 1 whole fish about 3 pounds
(bream, mullet, sea trout, etc.)
- 2 spring onions, chopped
- $\frac{1}{2}$ cup soybean sauce
- 1 small glass sherry
- 2 tablespoons brown sugar
- lard

Scale and wash the fish. Remove head and cut the body crosswise into inch-thick cutlets. Put the cutlets in an earthenware bowl and cover with spring onions.

Mix the soybean sauce with the sherry, sugar, and a little water. Bring to boil, then allow to cool. Pour this liquid over the fish and let stand for three hours, turning cutlets a few times.

Heat plenty of lard for deep frying in a heavy iron skillet. Remove fish from marinade and fry until crisp and golden in colour.

**Fried Shrimp
Croquettes**

SHANGHAIJESSE

To serve four

1½ pounds cooked shrimps
1 teaspoon chopped parsley
salt
black pepper
2 teaspoons soybean sauce
2 eggs
flour
lard or oil for deep frying

Shell and mince the shrimps or put through an electric blender. Add the chopped parsley, salt, pepper, and soybean sauce.

Separate the eggs. Mix the yolks with the shrimps and work to a smooth paste with a fork. Fold in the stiffly beaten whites.

Shape small croquettes and roll them in flour. Heat fat in a heavy iron skillet until very hot and fry the croquettes on all sides until golden brown. Drain on paper and serve hot.

**Peking
Roast Duck**

PEKINGESE

Peking Duck is famous the world over. The crisp crackling is served separately from the meat and enjoyed as an incomparable delicacy by Chinese gourmets.

To serve two

1 duck
2 tablespoons honey
1 cup lukewarm water
salt
pepper
2 tablespoons lard

Pluck, clean, and truss the duck. Dissolve the honey in lukewarm water. Season with salt. Rub the bird thoroughly with honey-water and let stand for a few hours, until the glaze has completely penetrated the skin. It is the honey that gives the Peking Duck its reddish colour and helps crispen its skin.

The Chinese roast the duck on spits or over a charcoal fire. If done in an oven, heat a little lard in the pan and roast duck for forty-five minutes to an hour.

Cut duck into small pieces and the crackling into strips, and serve either hot or cold.

**Duck Giblets
and Livers**

PEKINGESE

To serve four

6 duck gizzards
8 duck or chicken livers
1 small onion
2 cloves garlic
juice of 1 lemon
1 tablespoon soybean sauce
1 teaspoon brown sugar
1 tablespoon flour
lard
salt

Remove the hard skin of the gizzards; clean the insides and chop into small pieces. Chop the livers and onion. Mince the garlic.

Combine the lemon juice, soybean sauce, and sugar with a tablespoon of water. Thicken with flour.

Heat lard in a frying pan and fry first the onions and the garlic. Add the chopped gizzards, salt, and fry, constantly stirring, for five minutes. Now fry the livers, but only until they change colour. Add the soy-flavoured sauce, stir, and fry slowly until it thickens.

**Crisp
Rice Toast**

1 cup rice
salt
1 teaspoon soybean sauce
lard for deep frying

Cook rice the day before in salted water and soybean sauce. Spread rice on a wet slab and let cool. Divide into rounded tablespoonfuls and flatten each rice mound to a quarter of an inch thickness. Drop into smoking-hot lard and fry on both sides until crisp and golden. Drain on paper and serve as toast.

Sweet-and-Sour
Pork

PEKINGESE

To serve four

1½ pounds lean pork
salt
ground pepper
1 egg
½ cup bread flour
4 tablespoons brown sugar
1 cup diced, tinned pineapple
½ cup vinegar
1 tablespoon tomato paste
2 tablespoons soybean sauce
1 teaspoon cornflour
lard

It is advisable to parboil the pork in advance. Cut into strips about two inches long and half an inch thick, or in small cubes. Season with salt and pepper.

Prepare a thick batter with the egg, flour, and very little water seasoned with salt. Coat pieces of pork with this batter and deep-fry them until golden brown. Drain on paper and keep hot.

Meanwhile mix the sugar with a little pineapple liquid, vinegar, tomato paste, and soybean sauce. Add the cornflour dissolved in a tablespoonful of water. Bring sauce to the boil. Add the diced pineapple and simmer slowly for five minutes.

Place the fried pork pieces in this sauce and serve at once.

**Chinese
Pork Omelet**

PEKINGESE

To serve two

3 eggs
2 tablespoons lukewarm water
salt
 $\frac{1}{2}$ cup chopped spring onions
 $\frac{1}{2}$ cup shredded cooked pork
lard

Lightly beat eggs. Add water and a pinch of salt. Mix with the chopped spring onions and the shredded pork.

Grease an omelet pan and when hot pour in the egg mixture. Reduce heat instantly when edges begin to curl. Stir the egg gently with a fork until well thickened. Do not turn the omelet over, but when ready slide it carefully on a pre-warmed plate.

Chinese omelets can be made with shredded ham, shrimps, mushrooms or oysters.

A meatless omelet with fresh bean sprouts and spring onions and a teaspoon of soybean sauce for flavouring is delicious.

Dim Sims

I believe Dim Sims are the origin of Italian ravioli. They are small, bite-size dumplings filled with meat and served as an entree or appetizer.

To serve four to six

FOR THE DOUGH

2 cups flour

1 egg

$\frac{1}{4}$ cup water

salt

FOR THE FILLING

1 pound lean pork

4 spring onions

3 dried Chinese mushroom caps

$\frac{1}{2}$ pound water chestnuts (available in tins)

salt

1 tablespoon sugar

1 tablespoon soybean sauce

Make a firm dough with the flour, egg, and water. Season with salt. Divide into two parts. Roll out each piece of dough to knife-edge thickness on a floured board. Cut into strips about two inches wide and then cut strips into two-inch squares.

Mince the pork and the spring onions. Soak, drain, and finely chop the Chinese mushroom caps. Chop the water chestnuts. Season with salt, add sugar and soybean sauce, and mix thoroughly.

Place a teaspoon of filling in the centre of each dough square. Fold over the corners and press firmly together. (Or you may top

the filled dough square with an unfilled square and seal—similar to ravioli.)

Cook in plenty of salted boiling water for six minutes, or until they rise to the surface. Drain, rinse in cold water, and serve as an appetizer with a little soybean sauce on the side.

Mushroom Soup

PEKINGESE

To serve four

9 dried Chinese mushrooms

lard

salt

1 tablespoon soybean sauce

4 cups chicken stock

1 cup fish stock or court bouillon

Soak dried mushrooms in warm water for half an hour. Discard stalks and cut caps into thin pieces.

In a saucepan heat about a tablespoonful of lard. Add mushrooms, salt, soybean sauce, and about half a cup of chicken stock. Cover and cook for ten minutes, then add the rest of the chicken stock, the fish stock (or a cup of water instead). Bring to the boil and let simmer for five minutes..

Serve with Crisp Rice Toast.

**Pork
and
Broccoli Soup**

To serve four

1 bunch broccoli

4 cups water

salt

$\frac{1}{2}$ pound pork

1 tablespoon lard

1 cup chicken stock or bouillon

pepper

2 tablespoons soybean sauce

Wash and chop the broccoli and boil in salted water for five minutes.

Finely dice the pork and fry it in lard until meat changes colour. To the broccoli and water add the pork, stock or bouillon, a little ground pepper, and soybean sauce. Bring to the boil. Reduce heat and simmer slowly for ten minutes.

Chinese
Chicken Noodle
Soup

To serve six

2 cups shredded, cooked chicken

1 tablespoon lard

6 cups chicken stock or bouillon

2 tablespoons soybean sauce

salt

2 ounces Chinese mie

or fine tagliatelli or vermicelli

Fry shredded chicken in lard for a few minutes. Add fried chicken to the stock, flavour with soybean sauce and salt, and bring to boil. When liquid is boiling vigorously, add noodles and cook for five minutes.

Serve in deep bowls.

**Whole Fish
in Pepper
and Vinegar Soup**

HOKKIEN

This is the more elaborate version of the kind of boiled fish the Chinese sell on the roadsides in the country. When served at the table, however, the fish should be kept whole and its bouillon served separately but simultaneously in individual bowls.

To serve four

- 1 whole fish, about 3 or 4 pounds
- 5 cups water
- salt
- 8 peppercorns
- ½ cup vinegar
- 1 onion
- 4 cloves garlic
- 1 fresh chili
 or 3 dried chilies
- 1 tablespoon soybean sauce
- 4 dried Chinese mushroom caps

Wash, scale, and clean the fish, but preserve head and tail. Place in a saucepan with the water seasoned with salt, peppercorns, vinegar, and onion. Bring to the boil. Reduce heat and let simmer for fifteen minutes.

Meanwhile crush the garlic and the seeded fresh or dried chilies and add the soybean sauce. After the fish has cooked fifteen minutes, add this flavouring together with the mushroom caps and continue simmering for five more minutes.

Take care never to overcook the fish. Serve hot, with the bouillon in separate bowls.



A GLIMPSE OF MACAO: OLIVES AND GARLIC AND CHICKEN MOZAMBIQUE

The Pousada Inn in Macao awakens at sunset. In the soft glow of the twilight the blemished, decaying stucco façade is transformed into a stage setting for a Mediterranean romance. The natural awning of an immense palm tree spreads over the courtyard. The air is filled with music supplied by millions of crickets.

After seven, the tables, deserted during the hot day, will one by one become occupied. First the local elite, the Portuguese aristocracy of the colony, arrives. These people hide by day behind shuttered windows encircled by wrought-iron balconies.

There are seldom any tourists at the Pousada. Tourists who come by ferryboat from Hong Kong make straight for the gambling dens and are too busy to eat.

On the pavement Angelo, the chef, has set up his open-air kitchen. He wheels out his latest possession: a three-legged barbecue stove streamlined with the same efficient touch that marks all American products. Angelo received his barbecue from a Chicago store after choosing it from a mail-order catalogue.

He wipes the sweat off his dark brow and carefully ties an apron around his waist. We order his specialty . . . Chicken Mozambique.

I bring out a chair from the courtyard and sit beside him. I watch his eager, expressive face while he dresses the chicken, cuts the bird in half, and gently replaces it in the wicker basket that he has put down on the pavement. I ask him about himself.

Angelo was born in Macao and has never travelled farther than Hong Kong. But lately he has become restless. It happened some time ago when an American businessman came to the Pousada. Angelo assured me that the American came on the express command of the Madonna. He tasted the food Angelo cooked on an old-fashioned brazier. Since then he has written to him asking if he would like to come and work for him in California. The American ("The saints bless him seven times!") is thinking of opening a restaurant in Los Angeles. A Portuguese drive-in, perhaps, with Angelo as its blue-ribboned chef . . .

I watch the charcoal glow red. Angelo stops his chat and gets busy. With a quill he spreads a creamy pink sauce over the chicken and gently transfers the meat to the grill. The contrast between the stainless-steel barbecue and the long hawk quill with which he bastes the meat is typical of Macao. On this island of Asia, baroque is spiced with chop suey, and across a breakwater atop a hill flies the flag of Communist China.

First we eat eels as an appetizer. Then the *pièce de résistance*, Angelo's own creation: Chicken Mozambique. He tells me that he got his idea for this recipe from the African soldiers who are

stationed on the island to defend pocket-sized Macao. With the chicken we drink bottles of Quinta da Parada—Portuguese wine, which in Macao costs less than eighty cents a bottle.

When Angelo learns that cooking is my business, he treats me with all due respect one colleague has for another. And to give proof of his appreciation, instead of a dessert he presents us with an enormous plate of giant prawns fried in olive oil and decorated with ripe black olives. With the compliments of the House of Pousada!

After dinner we watch the moon rise above the sea-wall promenade. There's silence. Maybe we are all thinking of the same thing—the fate of Macao. Fate has written its marks all over the crumbling, mossy walls, over the tiled patios of seventeenth-century Portuguese houses, over the flickering neon signs advertising “fan-tan” and “dancing girls”.

How long, we are thinking, how long could all this go on? A small island decaying from age, the farthest outpost in Asia of an old civilization. How long could it last? Across the breakwater, lights go on on the mainland . . . China!

Chicken
Mozambique

FROM ANGELO IN MACAO

To serve two

1 tender broiler, about 3 pounds

salt

freshly ground pepper

6 cloves garlic

1 onion

4 ounces evaporated milk

1½ cups water

½ cup shredded coconut

1 teaspoon chili powder

1 teaspoon paprika

½ teaspoon allspice

1 teaspoon roasted, ground coriander

juice of 1 lemon

3 tablespoons melted butter

Cut chicken in half and flatten with meat hammer. Season with salt and pepper and place in an earthenware bowl.

Prepare the following marinade: Mince garlic and onion. Add the evaporated milk diluted with water, the shredded coconut, and season with chili powder, paprika, allspice, and ground coriander. Mix well.

Simmer the marinade for twenty-five minutes, taking care not to boil it. Cool and pour over chicken. Cover the bowl and allow to stand for six hours.

Remove chicken from marinade and broil in a very hot broiler. Brush frequently with a little melted butter and the marinade.

When chicken is ready, serve with the remainder of the marinade to which the juice of a lemon and a little melted butter have been added.

**Prawns
Macao-Style**

My friend Angelo uses live prawns for this entree dish. He grills them first. After a heated argument he finally consented to my publishing this recipe with cooked prawns.

To serve four

16 cooked prawns or 24 shrimps

salt

freshly ground black pepper

2 tablespoons butter

4 cloves garlic, chopped

1 green pepper, diced

2 large ripe tomatoes, quartered

1 cup black olives, stoned

Clean and shell the cooked prawns but do not remove their tails. Dust with salt and plenty of freshly ground black pepper.

Melt the butter in a large iron skillet and fry the prawns quickly on both sides. Remove and keep warm.

In the same butter fry the garlic, followed by the green pepper, and last the ripe tomatoes. Reduce heat. Add the stoned black olives and simmer for ten minutes. Correct seasoning. Add the fried prawns.

Serve with a green salad and boiled rice on the side.

Eels
à la Pousada

To serve four as an entree

- 1 fresh eel
- salt
- freshly ground black pepper
- flour
- ½ cup olive oil
- 2 green peppers, diced
- 1 medium onion, diced
- 4 cloves garlic, chopped
- 4 small fresh tomatoes, thickly sliced
- 1 cup black olives, stoned

Clean the eel, remove its head, and cut the body into inch-long pieces, Sprinkle with salt and pepper and roll in flour. Heat half of the oil in a skillet and fry the eel quickly until golden brown.

In a deep earthenware casserole alternate layers of eel with green pepper and the onion and garlic mixed with tomatoes. Season with salt and black pepper. Top with the stoned black olives and add the remaining olive oil.

Place casserole in a warm (400°) oven and bake for twenty-five minutes. Serve from casserole.

Japanese Cooking



THIS IS JAPAN

A few years ago when I was a student at the University of Chicago, I had a Japanese friend who came from Hawaii. She was the first to introduce me to Sukiyaki, and I still remember all the excitement that went with my initiation into the finer art of Japanese gastronomy. First we borrowed the basement flat of two Egyptian fellow students. Next she wrote home to Hawaii, asking for the genuine recipe. A few days later not only the recipe arrived by air mail but also a large box full of orchids and banana leaves from Honolulu. We went downtown on a shopping expedition together, looking for those special sauces and a flavouring she called Ajinomoto, and on the day of the party we began working at dawn.

By the time all was finished, I thought I had become an ex-

pert on Japanese food. I also thought that I knew all there was to know about Japan. Cherry blossoms, Kabuki, and Sukiyaki were household words to me—in Chicago.

Not so long ago, when I arrived in Tokyo for the first time, I was asked to stay with a Japanese family. First thing I asked from my friends was Sukiyaki. The wife smiled and looked at her husband. And we had Sukiyaki that night. With plenty of what I thought was gravy. Next day we had Sukiyaki again, this time without the gravy. The third day they quietly informed me, without trying to offend my ignorance, that as far as Sukiyaki is concerned there is far more to Japan than just that friendly dish invented for foreigners.

To complete my education, my host then took me to a small restaurant that specialized in Sushi. Only once before—and that was a long time ago in Sweden—had I tasted raw fish. But there in Tokyo, under the glass-topped counter, I recognized not only the raw fish but live prawns, slowly gliding snails, octopuses, and strange shells. I watched the skill with which the Sushi cook devoted himself to his task. His fingers worked with diabolic cleverness. He first kneaded the rice into shape, then cut the fish or chopped off one of the tentacles of a jelly-like octopus. He arranged these delicacies on top of the little rice patties, decorated the lacquer tray with fan-shaped palm leaves, and presented us with an appetizing underwater arrangement.

I had more surprises still in Tokyo. I remember as I walked around the Ginza at night my eyes popped at the signs: Antipasto, Crepes Suzette, Pilsener Beer, Ye Olde England . . . There before me, I had cosmopolitan Tokyo. I also remember my amazement when in a hillside resort I came upon a genuine Russian restaurant. In what from the outside appeared a typically Japanese house, we were greeted by the patron, who wore the Russian tunic, offered us borscht, piroshki, and beef Stroganoff. We faced

JAPANESE COOKING

a samovar in one corner of the room, and pictures showing St. Petersburg, Volga boatmen, and the troika confronted our eyes.

But this cosmopolitanism is only a veneer. Underneath, Japan still clings to the old traditions. Ceremonial teas, geisha parties, theatre picnics, shrine festivals, and the *No* drama are still very much part of the Japanese life.

Here is a country of great beauty, industry, and tradition, where poverty is accepted matter-of-factly and poetry is still practised by skilful amateurs. (Most Japanese compose poems while soaking in the bath or viewing beautiful landscapes!)

And Japanese food is prepared with the intention not just to satisfy the appetite but also to please their beauty-conscious eyes. It is their outward manifestation of gracious living and a demonstration against all labour-saving appliances and culinary modernism.

In Japan, as in most parts of the Far East, past, present, and future are all included in one word: time. And there's plenty of time . . .

CHOPHOUSE OF THE OLD GEISHA

It is a lane that opens right off the Ginza, but no taxi driver could ever find his way there. The lane is so narrow that it is hardly worth putting it on a map. Narrower than an alley, where people have to squeeze themselves in sideways and only cats can move about with dignity. It reminds one of the Left Bank in Paris. *La rue du Chat Qui Pêche!*

The curtains above the door show us that we have found the right place. The beam is low and we enter with our heads bowed. Inside the room is barely ten feet by six. There are two wooden

benches alongside a plain deal table. In an alcove separated by a wooden partition is the kitchen. A sink, a charcoal stove and the owner are inside. Each time the waiter goes inside the alcove the owner steps outside. Economy in space: this is Japan.

And all of a sudden you meet her. A middle-aged woman in a sombre kimono. No make-up, no frills. She bows low, and so do you. Ceremonies come first—even in an alley off the Ginza. If you are unknown to her, she will scrutinize your appearance first. Otoresan (that's her name) does not like women much. She got to know them too well in her profession. Otoresan has no time for the modern woman. She frowns if she sees a plunging neckline.

We sit down and she sits down with us. Then she offers us sake, and if we pass muster we may drink from her own cup. This is an honour not to be refused in Japan.

The owner—or perhaps we had better call him the chef—is her husband. In fact, it was Otoresan who bought this place with her savings. She also owns her husband. The chef is preparing quails, Otoresan informs us. He grills the birds and bastes them with a secret brew. This secret brew she keeps in a huge earthenware jar which she values more than her own life. She first filled the jar some twenty years ago. She has kept it full ever since. Just how old Otoresan is, you may make your own calculations. She was once a famous geisha, and after she had put aside enough money she went into the restaurant business.

The waiter brings us a plate. The quail, served with its tiny legs twisted into the shape of a lyre, gives out a highly aromatic smell. Reluctantly she tells us the ingredients of the secret brew: port wine and sake.

While we eat, Otoresan watches us with interest. She keeps our cups full with warm sake. Each time she lifts the bottle it is the sign for us to bring our cups to her. This is the etiquette

practised in the teahouses. When she accepts a drink from our cups, she rinses them out afterward. A sign of respect for her guests.

We eat with our fingers. The meat is tender and juicy. On the side of the plate there is a quail egg the size of a thimble. Otoresan tells us that is a delicacy. One must drink the raw egg. She congratulates us afterward by raising her cup of sake.

When we are ready to leave she begs us to return. If not before, at least in November. November, she tells us, is the month of the snipe and partridge.

TRISTAN, ISOLDE, AND SUKIYAKI

"I was thirty when my father died," said Mr. Takagi, dipping his chopsticks into the pan placed before us on the low lacquered table. "And I was not married yet. So when I came back from America for the funeral, my mother said I must marry . . ."

There were only the three of us at dinner in a small house at the outskirts of Tokyo—Mr. and Mrs. Takagi and I. We sat on cushions around the table, partaking of Sukiyaki, which, according to the Japanese Tourist Bureau, is "the friendship dish with a special appeal to our foreign guests."

So far, we had been more than an hour over the dinner, but Mrs. Takagi had not spoken yet. Neither did she eat. She just

squatted there on her heels, her body rigidly encased in a pale grey silk kimono that had chrysanthemums painted on it. The obi, the little cushion on her back, was woven of silver brocade. As she squatted there, bending over the pot, only her fingers kept moving, and her eyes.

"I said to my mother, okay," continued Mr. Takagi, looking sideways at his wife. Instantly she understood the look and re-filled his cup with sake. "But I also told her to look out for a girl for me. I was abroad for ten years and never took out a girl there—I mean a Japanese girl, of course." He winked. The wife showed no sign of interest.

"Of course the whole talk was simply formality. My mother had already arranged everything by then. Next morning my best friend called with the photographs.

I was amazed. "You don't mean to say that actually your mother chose . . . ?"

"Why not?" He laughed. "Because I wore Brooks Brothers suits and everything else? You don't really think that I would ever have married without my mother's approval? Or while I was abroad?"

"I am progressive when it comes to business, yes, but not in my home. After my father died, she had all the say—even though I was by then the head of our family."

He picked out a mushroom from the pan. "In Japan," he went on, "when a young man wants to marry, the family compiles a list of eligible girls. It is very important that they should belong to the same class as the groom. Also a dowry. They must, besides, be fully trained in the ways of pleasing a man."

I shifted embarrassedly on my cushion and tried to avoid looking at my hostess. But she seemed unperturbed. She was stirring the Sukiyaki with her chopsticks. All the while we were talking she never stopped cooking.

Placed in front of her on an oblong lacquer tray were the ingredients for the Sukiyaki. The food looked as appealing as a flower arrangement. In the centre of the tray a pattern was made from the finely sliced meat. The green of the spinach, contrasting with the white of the onion, surrounded the meat, and from one corner mushrooms raised their brown heads from a circular bed of moss.

"She must know how to cook," Mr. Takagi pursued the subject, "and also know how to run a house, look after the children, arrange the flowers, sew, et cetera, et cetera. This, after all, is normal, isn't it?"

I mumbled something about the twentieth century and women having outside interests, but he cut me short.

"Twentieth century or not, the woman's place is in the home. As far as women are concerned, there's no progress. The more emancipated you allow them to become, the less joy they are for their husbands. When I selected my wife from twelve candidates, she was not the most beautiful one. But old-fashioned—yes. She comes from a good home, you can see that for yourself."

Mrs. Takagi smiled, then quickly covered her mouth with her hand. She must have realized the monstrosity of taking such an active part in the conversation, because she picked up the empty pitcher of sake and fled for the kitchen.

"Your wife is very beautiful," I said.

"Thank you. She comes from an aristocratic family. With me, ancestors are more important than the flesh." He made a gesture, poising his chopsticks in mid-air. "Flesh! Flesh is cheap. Everywhere you look in Tokyo, flesh is displayed for sale. Frankly, lately I am becoming somewhat indifferent to that favourite pastime of my youth." He smiled. "I must be getting old."

I raised an eyebrow. He asked how old I guessed he was.

I told him frankly that I had no idea. "I can tell a Japanese

baby and also a Japanese who's past the century. In between those two groups I am at a loss. You stay so much younger than we do. Perhaps it's the diet. Have you noticed," I asked, "how few old people one sees in the streets of Tokyo? You must keep them hidden away somewhere—perhaps in a shrine at home."

He laughed. "Last year, in the year of the tiger, I passed my sixtieth year. I am glad that I don't look it though. And my wife is fifty-five."

She had just come back to the room, and the way she moved in her stockinged feet, I could not help thinking that she could have passed for a girl in her twenties. He must have guessed my thoughts, because he said: "She is the living example of what I have told you earlier about good stock and nice family. Of course she did have a fair-sized dowry, which helped us nicely after the war. Nine chests full."

Mrs. Takagi placed some meat on my plate. Her husband went on: "I remember when they brought the dowry to my parents' house the morning of our wedding—a procession of nearly twenty people. Then my mother went through every single drawer, unfolded every single kimono, admired each obi—even tested the thread used for the embroidery, making sure it was pure gold or silver. With her this was a matter of prestige, not greed. It was her duty to see that our standards should never be lowered."

"This dowry business," I asked, "is it still customary these days in Japan?"

He looked at me with surprise. "But of course. I myself have two daughters, and when it comes to marrying them off I shall see that they are well provided for. Only I hope that by then the kimono will be out of fashion. Have you any idea what a decent kimono costs today?"

I told him I did. Then I asked if a marriage for the sake of love was something of a taboo in Japan.

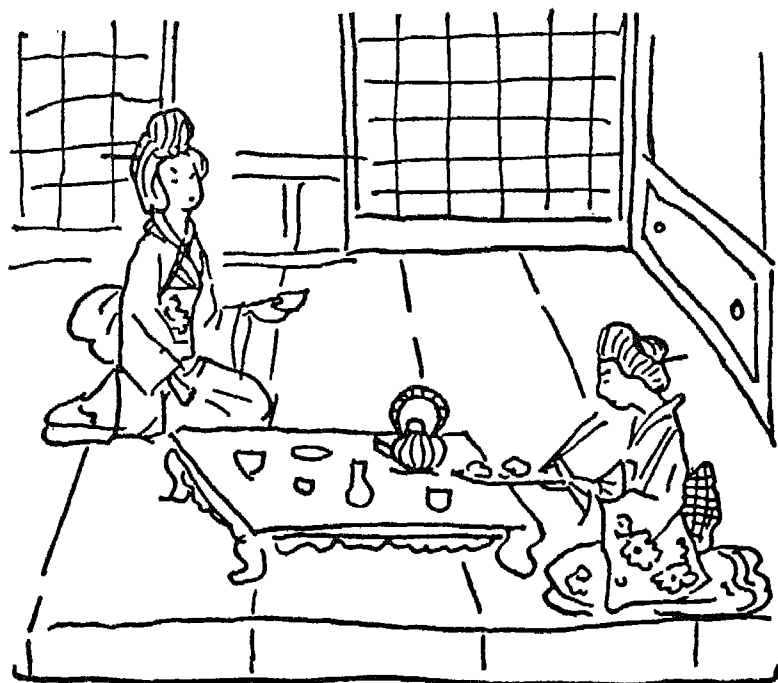
He scratched his head, shifted his legs. "Love and marriage are two entirely different things. Love's a sentiment that lasts as long as the cherry blossoms in Kyoto. To base a lifetime on love would be a great mistake. On the other hand, out of a suitable marriage can come a bond that is stronger than love. Such as honour, respect, tenderness, and unselfish devotion. Don't you agree with me?"

We had by then finished the meal, and the table was cleared away by Mrs. Takagi. Through the shoji I could see the darkened silhouette of a tree. There was peace in the room, and for a while we sat in silence, smoking. Then abruptly, and for the first time that evening, Mrs. Takagi turned to me and asked: "Do you like music?"

I nodded. She walked to a cupboard with sliding doors and came back with a portable electric phonograph. She picked up a record album and began turning the pages.

Just as there was no flaw in her taste nor any distorting note in those precise gestures, her choice of the record suited the mood of the moment to perfection.

It was the love song from *Tristan and Isolde*.



WHAT YOU SHOULD KNOW ABOUT A JAPANESE MEAL

The Japanese, like the Chinese, do not have three-course meals. Instead, they serve a number of small dishes, one course succeeding the other—to us Westerners, seemingly at random. The number of courses varies according to the means of the host or the occasion. Naturally, I am referring here to meals that are more elaborate than the ordinary day-to-day cooking. When at home the Japanese usually eat rice three times a day: for breakfast, accompanied by a dish made of seaweeds, small fish, and soy sauce called *tsukadani*; for lunch, with fish and vegetables; and for dinner, most likely with fish or poultry and a clear soup.

The traditional serving of a meal is also different from our Western customs. Except in cases like a Sukiyaki dinner, the Japanese place in front of each guest a square lacquer tray on which the various dishes that compose the meal are already served in bowls or on plates arranged with geometric precision. There are usually two fish courses: one boiled, the other fried or broiled—or maybe raw. There may not be a meat dish, since meat is still not very popular in Japan, but a third course consisting either of vegetables or poultry. Often you may find two soup bowls on your tray. One is for the clear soup, the other for the Miso (a thick soup resembling minestrone). Pickles, a sake cup, and a pair of brand-new chopsticks rolled in tissue paper and placed on a pottery chopstick rest make the dinner tray complete.

If a Westerner wants to prepare a Japanese meal, the following rules should be observed:

1. The quantity for each course should benerally be half of what one would cook for a Western meal.
2. There must be at least one fish, one poultry, and one vegetable (or egg or meat) course served. Rice—in most instances boiled—should be offered and eaten last.
3. One must concentrate not only on the quality of the food but also on its eye appeal. Japanese food is as artistic as it is tasty.

UTENSILS REQUIRED FOR SUKIYAKI

1. An electric frypan or hot plate.
2. A heavy iron pan to fit over the hot plate.
3. Rice bowls for each guest.
4. Small (dessert size) plates for each Guest.
5. Chopsticks for each guest.
6. Sake cups for each guest.
7. One sauce boat containing the flavouring—shoyu.
8. A sugar bowl.
9. Two large serving spoons.
10. A large platter to hold the food which is to be cooked at the table.
11. A small pitcher with bouillon or stock (substituting the Japanese tangle soup in which to poach the food).

FOOD FOR THE SUKIYAKI

- a. Thinly sliced fillet of beef (about 2 ounces per person).
- b. Fresh green ginger cut into strips.
- c. Finely sliced leeks (or brown onions or spring onions).
- d. Finely shredded Chinese cabbage (stalks and leaves together).
- e. Sliced fresh (or dried) mushrooms.
- f. Any of the following vegetables, sliced or diced—according to season and taste: eggplants, carrots, green peppers, Chinese lettuce.

The food platter should be arranged artistically and decorated with green leaves, preferably palm leaves.

Sukiyaki Nabemono

There are two kinds of Sukiyaki: one which is strongly reminiscent of the Chinese Hot Pot, and another called Sukiyaki Mongolian.

For the first and better-known variety, you need a stock made of meat or fish. The Japanese make their stock from dried bonito, a kind of fossilized fish that is as hard as stone. This stock is flavoured with sake, Japanese pepper, and ginger. When served as soup, spinach, leeks, chrysanthemum petals, green peas, etc., are added for flavour and decorative purposes.

To prepare Sukiyaki, place the electric fry-pan or hot plate in the centre of the table. A heavy iron pan should fit over the top of the hot plate.

Arrange meat and vegetables on a platter. The meat should be cut paper-thin (the easiest way to cut it is when meat is half frozen). Vegetables should be sliced. Shrimps, prawns, and mushrooms are frequently left whole.

Grease the bottom of the pan and heat the fat. Spread the slices of meat over the bottom and fry quickly on both sides.

Have on hand a few cups of stock, a bottle of shoyu (soybean) sauce, a glass of sherry, some brown sugar. Flavour a little of the stock with sugar, sherry, and shoyu, and pour this in the pan. Lift out the meat and serve. Fry onions, mushrooms, spinach, or Chinese lettuce, one at a time, and if necessary add more flavoured stock.

Continue cooking as long as ingredients will last. If you prepare Sukiyaki for a number of people, you cannot cook everything at once. Divide the meat and the vegetables into portions, and cook one helping after the other.

toru Japanese delicacy in the shape of gelatinous lumps of

soybean; also served with the Sukiyaki. They are cooked in the stock for a few minutes.

SHIRATAKI Japanese noodles resembling vermicelli and made of gelatinous starch; often cooked with Sukiyaki.

AJINOMOTO a powder containing monosodium glutamate extensively used in Japan, not just as a seasoning, but also to bring out and intensify the flavour of the various foodstuffs. A pinch of Ajinomoto added to the seasoned stock is therefore satisfactory but not essential.

With the Sukiyaki a bowl of rice for each guest is served. Sake is the proper drink with this dish. If you cannot obtain sake, try a very light, dry table wine or dry, pre-warmed sherry.

Sukiyaki Mongolian-Style

The name Sukiyaki is of Mongolian origin. *Suki* means spade and *yaki* is the name of the charcoal fire which the Mongolians used to cook on.

There are different stories told by the Japanese about the dish Sukiyaki. They say it was a favourite hunting dish with the Mongolians. The freshly killed game was cut into pieces, the meat placed at the end of the spade and grilled over an open fire.

The story more generally known is that during the reign of Emperor Meiji, the enlightened monarch of nineteenth-century Japan, the Japanese had their first taste of meat—and Westerners. Until that time the islanders were vegetarians. To further the emperor's aims and make friends with Westerners, Sukiyaki was invented.

The truth is that Sukiyaki is seldom served in Japanese homes except on those rare occasions when foreigners are entertained.

For Sukiyaki Mongolian, prepare as for Sukiyaki Nabemono. However, the meat and vegetables are not cooked in flavoured stock, but lightly fried in butter or oil.

To flavour the meat, nevertheless, place the thinly sliced fillets of beef in a marinade of shoyu (soybean sauce), sherry, and a little sugar. Turn frequently to allow the meat to be permeated with the marinade.

Heat oil or butter and fry the flavoured meat slices. Fry for a short time the assorted chopped vegetables, such as onion rings, slices of fresh ginger, green peppers, slices of eggplant, Chinese cabbage, mushrooms. Keep the pan well greased and hot all the time.

Teriyaki
Steak

Teriyaki is similar to Sukiyaki Mongolian Style. It is a very popular dish not only in Japan but on the West Coast of America and in Hawaii. You can serve Teriyaki barbecue-fashion or broil the meat in the kitchen.

To serve four

1 pound sirloin steak

1 small onion

1 clove garlic

1 small slice fresh ginger

$\frac{1}{2}$ cup shoyu

2 tablespoons brown sugar

$\frac{1}{2}$ teaspoon monosodium glutamate (Ajinomoto) (optional)

Slice meat into paper-thin steaks. Place them in an earthenware dish and cover with a marinade made of finely chopped onion, crushed garlic and ginger, brown sugar, shoyu, and monosodium glutamate (optional). Allow meat to stand in this marinade for a couple of hours and turn twice.

Broil or barbecue the steaks, basting frequently with the marinade.

Tempura

The popularity of Tempura among the Japanese (and Western visitors) is immense. Tempura means "deep frying", and every second eating house in Japan specializes in this art.

The most suitable foods for Tempura are fish and shellfish and a number of vegetables.

- lobster
- prawns
- mackerel
- sardines
- shrimp
- any kind of white-fleshed fish

- carrots
- eggplants
- onions
- leeks
- sweet potatoes
- chrysanthemum leaves
- pumpkins

To prepare Tempura,

- a. first make sure that the oil is fresh and plentiful
- b. make a thick batter from flour, egg, and water
- c. have ready the Tempura Sauce

Wash, clean, and dry fish or shellfish. (In case of lobster, prawns, or shrimps, remove shell and heads but leave on the tails. Cut shellfish lengthwise into halves—but do not cut through—flatten with a meat hammer and make four incisions crosswise in the body.)

Dip fish or shellfish in the thick batter and deep-fry in plenty

of hot vegetable oil. Vegetables should be sliced, salted, and dipped in flour and then fried quickly.

THE TEMPURA SAUCE (*For 1 person*)

3 tablespoons fish stock

1 tablespoon sherry

1 tablespoon shoyu (soybean sauce)

Bring fish stock to the boil. Add sherry and shoyu and heat. When cool, pour the sauce over freshly grated turnip or onions, or perhaps fresh ginger.

Serve in individual containers.

Japanese Soups

Every Japanese housewife will tell you how much trouble she takes over her soup. First, if the soup is not crystal-clear (unless it is a Miso—thick vegetable soup) and as transparent as a bowl of boiled water, she would be ashamed to serve it to her guests.

Contrary to Western practices, in Japan soup is not served at the beginning but at the end of the meal.

There is, naturally, great importance laid on the selection of soup bowls. Lacquer bowls are ideal for clear soups. Pottery or china bowls are appropriate for the Miso.

Soup in Japan is never spooned out of the bowl but drunk like tea. To make sure the soup keeps warm, Japanese soup bowls have their own lids, which are taken off and put upside down on the table (or the serving tray before each guest). When the soup is finished, the lids are replaced.

The two kinds of Japanese soups are:

The **SUIMONO** clear soups

The **MISO** thick soups

Chicken
and
Mushroom Soup

To serve eight

1 boiling fowl
9 cups water
salt
peppercorns
2 tablespoons shoyu
 (soybean sauce)
juice of 1 lemon
1 tin French mushrooms
 (champignons)
2 ounces vermicelli

Boil chicken in water seasoned with salt, peppercorns, and shoyu. When meat is tender, add lemon juice. Strain liquid and keep.

Remove meat from the bones and cut into small pieces. (Since the Japanese prefer to serve a variety of dishes rather than one main course, this soup will be sufficient for eight, and only half of the fowl will be required after the stock is made. You may use the leftover with fried rice the following day.)

Remove fat from chicken stock and strain through a clean piece of cheesecloth. Bring stock to a boil and cook vermicelli for five minutes. Add the mushrooms and boil for five more minutes.

Strain the liquid into individual soup bowls. Add a few pieces of chicken, three or four mushrooms, and a little vermicelli to each bowl. Serve hot.

**Pork
and
Vegetable Soup**

To serve six

½ pound lean pork

8 dried Chinese mushroom caps

1 carrot

1 leek

or 3 spring onions

½ can bamboo shoots

2 leaves Chinese cabbage

7 cups clear meat

or vegetable stock or tinned bouillon

salt

1 tablespoon shoyu (soybean sauce)

1 teaspoon ground ginger

Slice pork in thin strips about an inch long. Soak mushroom caps for half an hour in warm water, then drain. Slice caps thinly. Cut carrot into strips. Chop leek (or spring onions) and the bamboo shoots.

Bring stock or bouillon to a boil. Cook pork for five minutes, then add carrot, bamboo shoots, cabbage leaves, and mushrooms. Season with salt, shoyu, and ginger.

Serve sprinkled with chopped raw leeks or spring onions.

Clam
or
Mussel Soup

To make the stock strong, you will need more clams or mussels than you will serve, but the remaining clams or mussels may be used for different recipes.

To serve six

2 dozen clams or mussels (in shells)

7 cups water

salt

white pepper

1 teaspoon shoyu (soybean sauce)

2 tablespoons dry sherry

juice of 1 lemon

Scrub clams or mussels well. Boil them until they open. Rinse off the sand in several changes of water.

Bring to the boil seven cups of water seasoned with salt, white pepper, shoyu, and sherry. Add the clean clams or mussels and let simmer slowly for ten or fifteen minutes.

Before serving, add the juice of a lemon to the clear soup. Serve in individual soup bowls garnished with one or two clams or mussels in their shells.

Summertime
Soup

To serve six

2 large cucumbers

6 peas in the pod

6 cups clear meat stock

or tinned bouillon

salt

1 tablespoon shoyu (soybean) sauce

6 eggs

Peel and dice cucumbers. Wash the peas in the pod.

Heat the stock in a saucepan. When it boils, add the salt and shoyu, and poach the vegetables for five minutes. Strain; keep vegetables warm.

Bring the same stock to the boil again and carefully poach the eggs one by one.

While the eggs are cooking, arrange a few dices of cucumber and one pea in the pod in each bowl. Strain the soup over them and top with a soft-poached egg.

Miso-Taki

THICK VEGETABLE
AND NOODLE SOUP

I shall never forget the day I first visited the shrines of Nikko. It was in the autumn, the time of the maple leaves, and also very wet. After viewing the sixteenth shrine in succession I began to feel very hungry.

At the foot of the park there were a few souvenir stalls and an eating house of sorts. I entered, finding the place deserted save for the giggling waitresses.

Without offering a menu or asking for my wishes, in a few minutes one of the waitresses brought me a huge bowl of soup. It was not the customary lacquer bowl but an earthenware dish large enough to be used for serving purposes. The soup was steaming hot and thick with vegetables, meat, and noodles. I was offered a pair of chopsticks but no spoons. First I ate all the meat, then I picked out the vegetables and the noodles, and last, as one does in Japan, I drank the liquid. It was delicious.

The flavouring, the Miso, is hard to obtain outside Japan. I substitute a paste I make from sieved and cooked beans flavoured with malt vinegar and shoyu sauce.

To serve four'

- 3 ounces dried beans
- 2 tablespoons malt vinegar
- 1 tablespoon shoyu (soybean sauce)
- 1 small onion
- 1 carrot
- 4 ounces lean pork, finely sliced
- 8 oysters
- 5 cups water or tinned bouillon

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salt

white pepper

2 ounces tagliatelli

Soak beans in water for several hours, then drain. Boil in fresh water until tender. Strain through sieve and add the vinegar and shoyu.

Finely slice the onion, carrot, and pork. Remove oysters from shells.

Bring water or bouillon to the boil. Flavour with salt, white pepper, and the bean paste. Cook meat and vegetables for ten minutes. Add tagliatelli and cook for ten more minutes. Last, poach the oysters in the soup for a very short time.

Serve very hot in earthenware bowls.

Chicken Nimono

Nimono is the Japanese word for boiled food.

To serve six

- 1 medium chicken
- 6 prawns or shrimps
- 1 tin bamboo shoots
- 1 cup white stock (fish, vegetable, or chicken)
- 1 small glass sherry
- 2 tablespoons sugar
- 2 tablespoons shoyu (soybean sauce)
- salt
- 4 dried mushrooms
- 12 peas in the pod

Clean chicken and cut into small serving pieces—about twelve. shell the prawns. Slice the bamboo shoots.

To the stock add the sherry, sugar, shoyu, and the liquid from the tin of bamboo shoots. Bring to the boil. Add the prawns and poach for three minutes. Remove the prawns and keep warm. In the same liquid, slowly cook the chicken, covered, until the meat is tender. Add the mushrooms, bamboo shoots, and peas in the pod. Simmer for eight minutes more.

Serve the assortment of boiled chicken and vegetables attractively arranged and decorated with the prawns.

Fish Nimono

BOILED FISH

To serve six

fishbones or a tin of court bouillon
2 pounds filleted fish
½ cauliflower
1 sprig celery
1 small ginger root
1 tablespoon brown sugar
1 tablespoon shoyu (soybean sauce)
½ cup white wine
salt
1 dozen tiny peas in the pod

Ask your fishmonger for a handful of fishbones and prepare fish stock or court bouillon by boiling the bones in three cups of water until liquid is reduced to one cup. (An easier way is to use tinned court bouillon.)

Break cauliflower into flowerettes; dice celery and mince the ginger root.

Add the sugar, shoyu, white wine, salt, and ginger root to the fish stock. Bring to the boil and cook the cauliflower and celery, tightly covered, for about ten minutes. Remove vegetables and keep warm.

In the same stock poach the fish fillets for eight to ten minutes.

Arrange fish on a serving platter and surround with the cooked vegetables. Decorate with the separately cooked tiny peas in the pod.

**Boiled Green Beans
and Eggs**

To serve four

1 pound fresh or frozen green beans
1 cup clear stock or tinned bouillon
2 tablespoons shoyu (soybean) sauce
2 tablespoons sugar
salt
4 eggs

If necessary, string the beans. Cut into small pieces.

Cover beans with the stock seasoned with shoyu, sugar, and salt and boil for eight to ten minutes. (The way the Chinese and Japanese preserve the original fresh colour of the vegetables is by cooking them uncovered.)

Break the eggs in a bowl. Season with salt and add a few teaspoons of the bean water. Lightly beat with a fork and pour over the green beans. Cover with a plate that fits tightly inside the saucepan, then with the lid, and allow to steam over low heat for six minutes.

The eggs should form a solid custard over the beans and can be turned out onto a serving platter.

Chicken Domburi

CHICKEN-RICE

Various dishes cooked with rice are called *domburi* in Japanese. These dishes are somewhat similar to the Italian risotto—however, the Japanese never fry but cook the rice.

To serve six

- 1 chicken, about 3 pounds
- 2½ cups uncooked rice
- 1 cup chicken stock or water
- 1 small glass sherry
- 2 tablespoons shoyu (soybean sauce)
- ½ pound fresh mushrooms
- 3 eggs
- 2 onions

Boil chicken until tender. Remove the bones and cut meat into small pieces. Reserve a cupful of the cooking liquid.

Cook the rice Japanese fashion, in five cups of water. It should be cooked first over high heat until the water boils, then allowed to simmer very, very slowly until the rice is completely dry.

Flavour chicken stock with sherry and shoyu. Add the mushrooms and cook for eight minutes, then add the chicken and rice. Mix well but gently.

Beat the eggs with a little salt and pour the mixture over the chicken-rice. Maintain a low heat and stir the eggs in with the rice, letting them set.

Chicken Domburi should be served in a large serving dish or in individual bowls. It is also customary in Japan to serve this savoury rice pressed tightly inside lacquer boxes—for theatre luncheons and picnics.

Eel Domburi

EELS AND RICE

To serve four to six

1½ pounds fresh eels

4 cups uncooked rice

1 cup fish stock

½ cup sherry

3 tablespoons shoyu (soybean sauce)

salt

Eels are regarded highly by the Japanese. They serve them boiled, broiled, cooked on a spit, and . . . raw!

Remove head. Cut eels in two lengthwise and remove the bone. Boil the head and bone in a little water for at least an hour to obtain a fish stock.

Cook rice separately until dry.

Broil the eels until well cooked. Cut the two halves into bite-size pieces.

Moisten rice with the fish stock seasoned with sherry and shoyu. Mix thoroughly with the broiled eel pieces and serve hot.

Quails
à la Otare-San

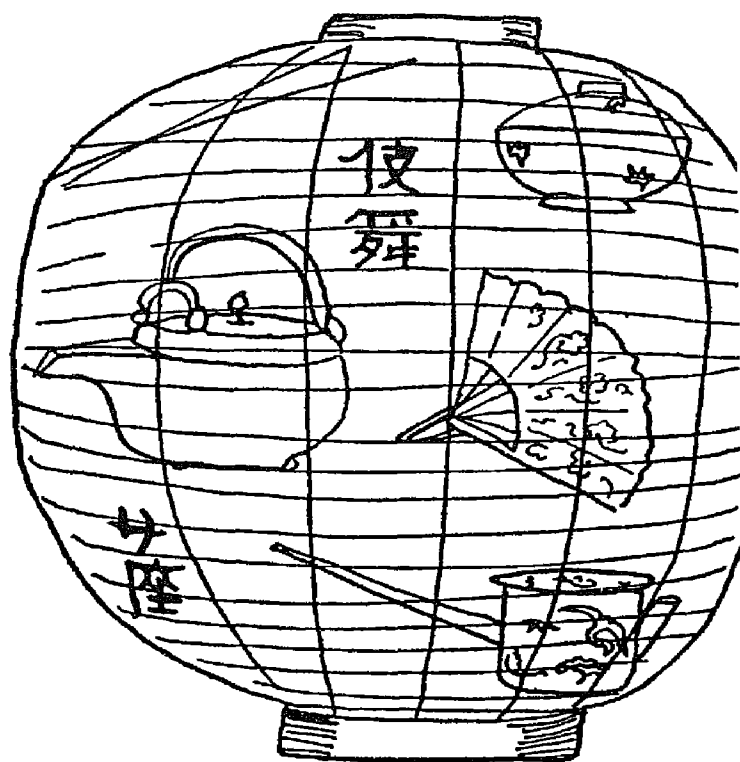
To serve one

quail, spring chicken, or pigeon
½ cup sake or dry sherry
½ cup port wine
5 tablespoons brown sugar
2 tablespoons shoyu (soybean sauce)
salt
white pepper

Place the clean quail, spring chicken, or pigeon in a marinade made as follows: Boil the sherry and port wine together and season with sugar and shoyu. Cool and pour this over the bird. Let stand for at least three hours.

Broil quail on a spit, either under the broiler or on a barbecue. (A rotating broiler is ideal for this purpose.) As you turn the quail on the spit, brush frequently with the marinade.

Before serving, sprinkle with pepper and salt.



Sushi

Sushi is a well-known Japanese hors d'oeuvre. There are two different kinds—Nigiri-Sushi and Chirashi-sushi.

Nigiri-sushi is prepared with raw fish and served on top of rice patties. Chirashi-sushi is made by mixing rice, vegetables, and fish together.

Sushi restaurants are common throughout Japan. To transform the raw fish into a delicacy requires great skill. Not all fish or shellfish lend themselves to be eaten raw. Tuna fish, mackerel, eels, prawns, octopuses, clams, and mussels ,however, are delicious.

The Japanese eat Sushi as an appetizer and drink warm sake with it. For Westerners Sushi is an acquired taste. Still, thousands of tourists each year have admired the artistic display in the shop-windows of *sushi*-bars. With the various fish and ingredients arranged on lacquer trays, the colour contrast is emphasized by decorative palm leaves, green moss, flower petals. As presented in Japan, Sushi is a feast for the beauty-conscious eye.

**Nigiri-Sushi
for Western Gourmets**

To serve as hors d'oeuvres

THE RICE

2 cups uncooked rice

2½ cups water

4 tablespoons white vinegar

salt

1 tablespoon sugar

Boil rice very slowly in unsalted water. When all water has evaporated, add vinegar, salt, and sugar. Mix with a fork and spread the rice over a large board. Cool quickly.

Shape bite-size patties from rice. On top of each patty, place a choice delicacy such as:

smoked pink salmon

slices of pickled herring

sardines

smoked oysters

raw oysters

boiled shrimps

chunks of boiled lobster

mussels (raw or poached)

anchovies

Arrange Sushi patties on attractive lacquer or wooden trays and offer with cocktails or pre-dinner drinks.

Chirashi-Sushi

To serve six to eight

- 4 cups uncooked rice
- 6 cups water
- salt
- 2½ tablespoons brown sugar
- 3 tablespoons shoyu (soybean sauce)
- 1 tablespoon vinegar
- 1 carrot, finely diced
- ½ pound peas in the pod
or shelled green peas
- 1 ounce dried mushrooms
- 2 eggs
- 2 ounces tinned salmon
- ¾ pound filleted fish
- 1 ginger root
- ½ cup stock or tinned bouillon
- 2 tablespoons butter or oil

Boil the rice in water. When cooked, add salt, sugar, shoyu, and vinegar.

While the rice is boiling, cook the diced carrot with peas in the pod and soak mushrooms for half an hour in warm water.

Prepare an omelet with the eggs and cut into narrow strips. Slice the mushrooms and cook in a little butter, covered, for eight minutes. Add the tinned salmon and fry a few minutes, stirring constantly. Fry the fish fillets cut into small pieces. (Or broil the whole fillets and then cut.) Cut ginger root into fine strips.

Moisten the cooked rice with the stock or bouillon and one by one add the various ingredients, stirring carefully. Add the omelet strips last. Garnish with ginger strips and serve hot.

**Broiled Chicken
and Livers**

The Japanese are experts at charcoal broiling. They use spits or skewers and baste the meat with a flavouring composed of shoyu (soybean) sauce, sugar, sherry.

To serve four

1 large boiled fowl

12 chicken livers

salt

freshly ground black pepper

3 tablespoons dry sherry

2 tablespoons shoyu (soybean sauce)

1 tablespoon brown sugar

ginger root

turnip

juice of 1 lemon

When the cooked fowl is cool, remove bones and cut meat into small pieces. Cut the chicken livers into bite size (do not wash livers, since water makes them tough). Lightly salt and dust meat with freshly ground black pepper.

Thread alternate pieces of chicken meat and liver on skewers—about five to six pieces to each skewer. Allow two skewers for each person.

Bring the sherry, shoyu, and sugar to the boil. When cool, dip skewered meat into this sauce. While broiling meat, baste frequently or dip the skewers into the sauce.

Garnish with grated fresh ginger and turnip flavoured with lemon juice and serve in small individual bowls.

Lobster Relish

This may be served in very small quantities to follow a meat or chicken course during a Japanese-style meal.

To serve six

1 or 2 large cucumbers
salt
2 tablespoons vinegar
1 tablespoon brown sugar
1 tablespoon sherry
juice of 1 lemon
2 cups cooked, diced lobster
2 eggs

Peel cucumbers and slice thinly. Sprinkle with salt, cover, and let stand for a couple of hours.

Bring to the boil the vinegar, sugar, and sherry. Cool. Add a pinch of salt and the lemon juice. Squeeze the liquid from the cucumbers and pour the vinegar-sherry dressing over them.

Place a little lobster meat on a slice of cucumber and cover with another slice. Sprinkle with grated, hard-cooked egg yolks. (This is a typical, laborious way in which a Japanese housewife prepares food, but it is certainly most appealing to the eye.)

A simpler method is to place lobster meat in the centre of a salad bowl and surround with the cucumber salad sprinkled with grated egg yolks.

Pickled Mushrooms
Japanese-Style

These pickled mushrooms are not suitable for bottling. They are served during a many-coursed Japanese meal as a relish.

Makes two to three cups

- 1 pound fresh mushrooms
- 4 spring onions (the whites only)
- 3 tablespoons sherry
- 3 tablespoons vinegar
- 2 tablespoons sugar
- 1 tablespoon shoyu (soybean sauce)
- 1 tablespoon salt

Use only the firm mushroom caps and discard stalks. Wash well but do not peel. Thread mushroom caps on skewers and broil them until well browned.

Finely chop the spring onions, and in a saucepan boil them for five minutes in sherry, vinegar, sugar, and shoyu. Add salt. When cool, mix the mushrooms with the onions and serve in small individual bowls.

Preferably make this relish one day in advance and chill.

Vinegared Mussels

This is a favoured Japanese relish, served in miniature bowls during dinner.

To serve eight

- 1 pound mussels (weight without shells)
- 1 tablespoon shoyu (soybean sauce)
- 2 tablespoons vinegar
- 2 tablespoons brown sugar
- 2 tablespoons dry sherry

Scrub the mussels well, rinse in several changes of water, and boil in plenty of water until the shells open. Remove mussels from shells and cool.

Combine shoyu, vinegar, sugar, and sherry and bring to the boil. When cool, pour this dressing over the mussels and allow to stand for six hours before serving.

Serve chilled.

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